



Photo by Jennifer Clampet

Best seat in the house

Members of the Allstar Weekend band perform at the Wiesbaden Army Airfield Flyers Theater Jan. 23. The Disney Channel stars performed at military installations in Europe as part of an Armed Forces Entertainment tour. For more photos and the story see page 17.



Photo by Karl Weisel

A German chimney sweep hands out one-cent pieces for good luck at the New Year's reception for U.S. and host nation guests Jan. 23.

Partnership

Leaders celebrate, promote German-American relations

Story and photos
by Karl Weisel
U.S. Army Garrison
Wiesbaden Public Affairs
Office

German, American and international guests gathered at the Community Activity Center Jan. 23 to celebrate past successes and vowed to continue working closely together in the future.

More than 300 people heard speakers, networked and shared social time during a New Year's reception co-hosted by the U.S. Army Garrison Wiesbaden, 1st Armored Division and 5th Signal Command.

Deployment, redeployments, transformation and friendship were among the main topics.

"This past year has been a very busy one for U.S. Army Garrison Wiesbaden," said Col. Jeffrey Dill, USAG Wiesbaden commander.

"We successfully deployed and redeployed an armored division headquarters and its Special Troops Battalion from Iraq; we have successfully deployed and redeployed numerous subordinate units from the 66th Military Intelligence Brigade to Iraq and Afghanistan; and we have successfully deployed and redeployed a number of individual augmentees who contribute significantly to the overall wartime effort to combat terrorism. All the while we did our very best to take care of the families left in our care."

Maj. Gen. Terry Wolff, 1st AD commander, praised the outstanding support rendered by host nation officials and the garrison while division Soldiers served for a year in Iraq. "We're glad to be

See Partnership on page 4



Spelling bee

Students vie for top honors

Story and photos
by Jennifer Clampet

U.S. Army Garrison
Wiesbaden Public Affairs
Office

Sixth-grader Katie Peters didn't need the pronouncer to provide a definition for her winning word.

Standing on the auditorium stage, she felt the intense emotion as she went 10 rounds in the Jan. 26 Wiesbaden Middle School Scripps Spelling Bee.

Her winning collocation was "feverishly."

"I knew the word," said Peters, a former

Wiesbaden Middle School Spelling Bee winner, Katie Peters, will compete at the regional Scripps spelling bee in Ramstein in March.

spelling bee champ from Mannheim and an avid Scripps National Spelling Bee viewer.

After enduring a list of linguistic forms that could pique the use of spell check, Peters said the bee wasn't too arduous.

"If you just study hard, anyone can win a spelling bee," noted the solid speller.

Peters will compete in the European regional Scripps bee in Ramstein in March. The studious grade-schooler admitted to having already printed a new list of words to study — "dinosaur names and

chemicals," she said.

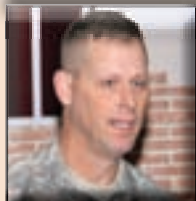
Maj. Steve Peters beamed as his daughter came down from the stage, her first-place trophy clutched tightly in her hand.

"She's good," he admitted, "but like anybody doing almost anything, you have to practice. She practiced."

The Scripps National Spelling Bee which takes place annually near Washington, D.C., has recently been embraced as a sport with the competition airing on ESPN and nightly

See Spelling bee on page 3

Inside



Deployment concerns

170th IBCT commander addresses issues in Baumholder. See page 8.



Statues with stories to tell

Frankfurt's Liebieghaus offers an unusual journey through 5,000 years of history. See page 16.



Dodgeball

Youths enjoy being the first in Europe to play new Child, Youth and School Services sport. See page 18.

Approaching Wiesbaden with kid gloves

Commentary by Jameelah Arcila

U.S. Army Garrison Wiesbaden Public Affairs Office

In Wiesbaden, buildings resemble castles and forts, forests are old and inviting and fairy tales like “Hansel and Gretel” come to mind. And that’s just downtown.

The intense and magical feeling of arriving in such a beautiful city does fade. However, parents living in Wiesbaden have a unique opportunity to experience this city and the German culture by engaging their children in many activities.

Newcomers, especially children, often want to know if there are sports teams in the area. Child, Youth and School Services offer after-school sports, but children also have the option of joining a German sports club. And it shouldn’t come as a surprise that the most popular sport in the country is soccer.

German soccer clubs are highly organized, and most are comprised of several teams of small children all the way up to the Erstemannschaft, for the most skilled adult players.

Teams compete regionally and play all year with short breaks at Christmas and in the summer. Drives

to out-of-town games provide a great chance to take in the surrounding countryside. In the winter, practices usually move indoors, and tournaments follow indoor soccer rules.

Aside from learning to play a traditional European sport, children will absorb the language while engaging with coaches and other players. The social aspect of the sport is always emphasized in hopes of turning out good athletes and good people.

For total, but gentle, immersion in the culture, parents may also consider sending their pre-school age children to a German kindergarten.

The greatest benefit is that children do acquire language skills faster and easier than adults, and, by age 5, when they are ready for grade school, they will be bilingual.

Grundschule, which is associated with a public school, and private kindergartens accept children at age 2. The quality of care is very high and the cost is comparable, if not lower than, all-day child care.

Depending on the kindergarten, children will participate in activities enhancing creative and social skills. There will be cultural differences and parents may find themselves shocked at times. For instance,

properly dressed kids will still play outside if it’s pouring rain or even snowing. Remember where the word “kindergarten” comes from and keep an open mind. Take advantage of this singular opportunity for your small child.

Wiesbaden is a cultural hub in Germany and boasts a rich artistic history. It is natural that the after-school offerings are very diverse and highly interesting. The Museum Wiesbaden offers regular art workshops for children. For a more personal experience, find an interesting art or music program at a local Kinderhaus.

Two of the city’s historic theaters, the State Theater and the Caligari, both show either live plays or movies regularly for children. Even the fests should not be considered for adults only. There are always children friendly spaces with creative and fun play options while adults enjoy a beer or a glass of sekt.

Germany is by all standards a child-oriented nation, and engaging youths in activities that immerse them in the German culture will benefit the whole family. Living in Wiesbaden, a fairy tale city, is an added plus for children and adults. Take advantage of an overseas tour by appreciating what the country has to offer for those who are most important, the children.

Face to face

The following comments are from the U.S. Army Garrison Wiesbaden’s Facebook page. Become a friend of Garrison Wiesbaden. Visit the garrison website www.wiesbaden.army.mil and click on the Facebook link at the bottom of the homepage.

As you know there is an issue with people not picking up their dog poo. What about putting up doggie poo bag dispensers?

Elisa M. Grimes

Just got our report date for garrison Wiesbaden for early May. Super excited to meet new people and PCS there.

Britney Brown

Join the Hainerberg Elementary teachers in completing the Dachshund Dash Challenge (as they) walk, run, swim or hobble 100 miles before the end of second semester. You’ll find us at www.dailymile.com. Log on, sign up and find our challenge to improve our health one mile at a time.

Patricia Evans Best

Please watch out for the Wiesbaden Girl Scouts. They will be starting cookie sales later this week around the community.

Cindy Kay Fry

Make a fashion statement

**Commentary by
Sgt. Maj. Lisa**

Hunter
*U.S. Army Europe Public
Affairs Office*

This winter seems to have come with some new Army Combat Uniform fashion trends. Surely you’ve seen the green micro-fleece cap with edges rolled, or the Gore-Tex jacket unzipped for a more casual look.

Of course, that’s not how they’re supposed to be worn. For that matter, this whole ACU fashion trend should be pretty simple. After all, it’s a uniform. That means we all dress alike. But some Soldiers like living on the cutting edge of ACU fashion, which means they are not following regulations.

To help those who may be confused about what’s in vogue this year (e.g. what’s authorized) before the “uniform police” nab

them, I consulted U.S. Army Europe’s subject matter expert U.S. Army Europe Command Sgt. Maj. Thomas Capel.

I also did a little research, such as reading over the USAREUR Uniform and Appearance Policy Standards Memorandum, dated Dec. 9, 2010, and — of course — Army Regulation 670-1 (Wear and Appearance of Army Uniforms and Insignia), the absolute bible on Army uniforms. Here’s the “Cliff’s notes” version of what the experts say are the do’s and don’ts, for today’s ACU ensembles.

First we’ll look at the basic uniform. It’s hard to go wrong here. The ACU shirt should be zipped and Velcro fasteners closed.

Sleeves should never be rolled or cuffed. All the basic items — rank insignia, nametape, unit and combat

Soldiers should wear uniform correctly



Photos by Sgt. Daniel Nichols

A Soldier models the correct (left) and incorrect way (right) to wear the Army micro-fleece cap.

patches, etc. — are still the standard accoutrements. In the case of trousers, length is not an issue. Soldiers can go old school, wearing the pants legs tucked into their boots, or they can blouse the pants legs using commercially procured “blousers” or the ACUs’ convenient built-in drawstrings. Regardless of which method you choose, blousing the trouser legs below the third boot eyelet is definitely a

fashion don’t.

From there we’ll move onto outerwear. You’ll see the Gore-Tex jacket and the Generation II and III items, such as black or green fleece jackets, everywhere this year.

They are all in style this winter, which means they are authorized for wear. The black fleece might be last

See Soldier uniform on page 11

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Photo by Jennifer Clampet

USAFE leader visits Wiesbaden

Gen. Mark Welsh III, U.S. Air Forces Europe commander, and his wife Betty listen as Senior Airman Steven Tremblay, of the 1st Air Support Operations Squadron, Detachment 2, explains how airmen use modern equipment in combat and tactical situations. Welsh visited the 1st ASOS Jan. 28, his first visit to the Wiesbaden Army Airfield since taking command Dec. 13. The 1st ASOS provided information about the 435th Air Ground Operations Wing, explaining the unit's capabilities, challenges and future potential.

Spelling bee

Continued from page 1

recaps on the evening news which cover everything from stuttering responses to contestants hitting the floor from the "feverish" competition.

Spelling bees, which were once fixtures in school settings, have become the basis for movies and entertainment.

The Scripps website — www.spellingbee.com — even suggests that potential contestants watch the documentary "Spellbound," spend some time

jumping rope like the young heroine in "Akeelah in the Bee" or host a spelling bee at home with family and friends.

But while the bee may be fun for some, for others the competition can be sheer torture.

"It's one of the hardest things I've done in a long time," said Sgt. 1st Class Ruben Berumen, with the 2nd Signal Brigade.

Ruben was one of three judges for the competition. He provided the foreboding voice that declared "I'm sorry that is incorrect" as students misspelled their words.

"The first time I said it, it was hard," said Berumen. "After that, it got easier."

Fifteen students volunteered to compete in the Parent Teacher Student Organization-sponsored bee. Second place went to Abigail Waugh. Third place was clinched by William Watkins.

The national bee is set to take place in June. As Peters geared up for the regional competition, she didn't appear too talkative. But she could definitely spell it.

"Loquacious," Peters said naming the hardest word she can spell.



Contestants in the Wiesbaden Middle School Spelling Bee read over the rules before the tournament begins Jan. 26 in the Wiesbaden High School auditorium.

News flash

Kontakt members honored

Several members of Wiesbaden's German-American friendship club, Kontakt, were recognized by U.S. Army Europe as winners in the 2010 USAREUR Outreach-Kontakt Awards Competition. These included Rafaela Bielecki-Weyenberg, Spc. Gregory Hamilton-Sang Clarke, Jörg Forst, Spc. Brad Garland, Timothy Geary and Oliver Licht for individual high achievement. The Wiesbaden club was also lauded for group high achievement in the publications category. Clubs in Darmstadt and Fulda also received a number of awards, despite having no U.S. military presence. (USAREUR Public Affairs)

E10 fuel coming to AAFES

All gasoline sold in Germany, including exchange facilities in Germany, contains up to 5 percent ethanol, also known as E5 fuel. In compliance with German law, the Army and Air Force Exchange Service is now required to add another type of gasoline to its facilities in Germany. The new formula will be designated as Super E10 containing up to 10 percent ethanol. While all makes and models of gasoline-fueled automobiles are able to use E5 gasoline, some can't use E10 gas. Customers should check their car manual or manufacturer to determine if 10 percent ethanol gasoline is safe to use. Both AAFES and Esso gas stations will clearly label their pumps dispensing E10 fuel. Some Esso stations have already started selling E10 and customers can buy it with their Germany Fuel Ration Card. All AAFES gas stations in Germany will offer Super E10 starting this month and most will continue to offer E5 in grades Super and Super Plus where possible. (AAFES Public Affairs)

Hertling to lead USAREUR

Lt. Gen. Mark Hertling, a former commander of 1st Armored Division in Wiesbaden and Iraq, has been nominated to lead U.S. Army Europe. Hertling is currently serving as deputy commander for initial military training at the U.S. Army Training and Doctrine Command in Fort Monroe, Va. (DoD News)

Clarification on AWAG story

A story in the last issue of the *Herald Union* incorrectly reported that Christi Ham and Joyce Ward would be guest speakers at the upcoming AWAG Conference at the Edelweiss in Garmisch May 15-19. While they are members of the board, they are not scheduled to speak. For more information about the conference visit www.awagonline.org.

Ethics stressed

Deputy Secretary of Defense William J. Lynn III issued a memorandum in late December emphasizing the ethical responsibilities of all Department of Defense personnel. The memo underscores the importance of avoiding any action that might give the appearance of unethical behavior. For more information visit <http://bit.ly/eYgoCG> or <http://bit.ly/fdVizA>. (USAREUR Public Affairs)

From the blotter

Compiled by the U.S. Army
Garrison Wiesbaden Directorate
of Emergency Services

Jan. 8

Baumholder: A family member is being charged with a traffic accident after striking a curb and driving into a bush.

Jan. 9

Baumholder: A noncommissioned officer is being charged with assault after striking his spouse with an open hand to the face.

Wiesbaden: A warrant officer is being charged with a traffic accident after striking a pole.

Jan. 10

Baumholder: A Soldier is being charged with being absent without leave after failing to return from leave.

Wiesbaden: A family member is being charged with a traffic accident after striking another vehicle.

Jan. 11

Baumholder: An NCO is being charged with owning an unregistered vehicle after allowing the decal and registration to expire.

Wiesbaden: An officer is being charged with a traffic accident after striking another vehicle.

Jan. 12

Baumholder: A family member is being charged with assault after being involved in an altercation which turned physical.

Wiesbaden: A senior NCO is being charged with a traffic accident after striking another vehicle.

Jan. 13

Baumholder: A Soldier is being charged with wrongful use of a controlled substance after failing a command-directed urinalysis test.

Wiesbaden: An NCO is being charged with owning an unregistered vehicle after allowing the decal and registration to expire.

Jan. 14

Baumholder: A Soldier is being charged with assault after biting his spouse several times in the shoulder.

Wiesbaden: A Department of Defense employee is being charged with owning an unregistered vehicle after allowing the decal and registration to expire.

Jan. 15

Baumholder: A Soldier is being charged with drunk and disorderly conduct after yelling obscenities toward the Military Police.

Jan. 16

Wiesbaden: A family member is being charged with a traffic accident after striking another vehicle.



Going vertical

Construction crews ensure the future U.S. Army Europe Command and Battle Center continues to take shape in this dramatic evening photo.

Photo by Volker Ramspott

Partnership

Continued from page 1

home," he told the guests, thanking those who provided for the safety, security and well-being of families who remained behind in Wiesbaden.

"At U.S. Army Garrison Wiesbaden, taking care of our people — Soldiers, families and civilians — is our primary mission and one that we take very seriously," said Dill, looking back at some of 2010's highlights including massive construction efforts to build new Army family housing and U.S. Army Europe's new Command and Battle Center at Wiesbaden Army Airfield, cooperation with the Hessen state Archaeology Office to unearth Roman ruins, the opening of the new Wiesbaden Entertainment Center in Hainerberg Housing and successful simulated and real-world emergency response efforts involving U.S. and host nation responders. "We have also been upgrading our infrastructure all over the garrison footprint. It has indeed been a very busy and a very successful year."

"We Hessians are particularly happy that the U.S. Army has decided to relocate its European headquarters — USAREUR — to Wiesbaden," said Axel Wintermeyer, chief of the Hessen State Chancellery, speaking on behalf of Hessen Minister President Volker Bouffier. "We are pleased with the very high level of cooperation that our state agencies enjoy

with their U.S. counterparts in the many complex undertakings involved in this effort."

After expressing his gratitude that members of the 1st AD returned safety to Wiesbaden from "its very important mission in Iraq," Wintermeyer added that the citizens of Hessen "will be sad to see you go" when the division relocates to Fort Bliss, Texas, this summer.

"Like Minister President Bouffier, I look forward to the continuing close cooperation of our nations, here in Hessen, in Germany and Europe, as well as in those troubled regions around the world," said Wintermeyer, "from Afghanistan to the coast of Somalia in the hope that by working together and with our other partners we can continue to make a positive difference in the interests of peace, freedom and prosperity."

Other speakers included Wiesbaden Lord Mayor Dr. Helmut Müller and Col. Mitchell Kilgo, 2nd Signal Brigade commander, who represented Brig. Gen. Jeffrey Smith Jr. Both praised the close working relationships between the U.S. military and host nation.

Besides noting ongoing efforts to maintain German-American relations, the lord mayor praised school partnerships which encourage the establishment of lifelong relationships and understanding.

"We now call Wiesbaden our home away from home," noted Kilgo.



Photo by Karl Weisel

Maj. Gen. Terry Wolff raises a toast to German-American friendship and the new year during a New Year's reception hosted by USAG Wiesbaden, 5th Signal Command and 1st AD Jan. 23.



Photos by Karl Weisel

Katja Watson (right) checks in Robert and Dorothy Williams at the new Wiesbaden Army Lodge in Hainerberg Housing Jan. 29. The Williams were transitioning from the Grafenwöhr military community to Wiesbaden.

Army Lodge: Gearing up for the grand opening



Patrons of the new Wiesbaden Army Lodge, located in Hainerberg Housing, use the wi-fi availability in the lobby, work out in the fitness room and enjoy complimentary refreshments in the cafeteria area. Directorate of Family, Morale, Welfare and Recreation officials said a grand opening will be held in late February or early March once the final adjustments are made to correct issues identified during this month's testing phase.



Missed appointments cost millions

Better reminders, patient rescheduling aimed at cutting no-shows, saving money

By Phil Tegtmeier
*Europe Regional Medical Command
Public Affairs Office*

Nearly 5,000 missed medical appointments per month cost Army medicine in Europe about \$5 million per year. Engaging beneficiaries and unit leaders can help reduce the number of missed appointments by half, health officials say.

In addition to reducing the cost of health care, reducing missed appointments will help Europe Regional Medical Command clinics provide beneficiaries improved access to the health care they so richly deserve, according to Army Lt. Col. Andrew Lankowicz, ERMIC clinical operations director. He noted that one missed appointment can impact three others: the unfilled missed appointment, the missed appointment someone could have used and the one the person still needs for himself.

"We cannot expect patients to be able to make it to every single appointment they make with us, but we can work together to bring our no-show rate of 10 percent down to five," Lankowicz said.

To that end Army community health care clinics are looking at better ways to remind people of upcoming appointments. At the same time, they are taking

other customer-oriented steps to bring the rates down.

Lankowicz referred to a study of no-show rates in military hospitals. He said nearly half of the study's respondents said they missed their appointments because they simply forgot they had one scheduled.

"If we provide better reminders and help patients make their appointments, we can make a great improvement," he added.

Reminding patients of upcoming appointments does two things, Lankowicz said.

If everyone who missed an appointment because they forgot about it came in, the Europe no-show rates would go down by half, he said. At the very least, a reminder a few days before the appointment is due gives patients a better chance of rescheduling at a time that's more convenient to them if their plans have changed.

"We also want to give unit leaders more time to make certain Soldiers make appointments or change them if the unit mission dictates rescheduling," Lankowicz said. In order to do so, clinics across Europe are improving their reports of Soldier upcoming and missed appointments to unit commanders for Soldiers in their units.



Photo by Chrystal Smith

Patients are reminded to call in advance whenever they cannot make a medical appointment to allow for patient rescheduling.

Knowing which Soldiers in a unit have medical appointments can be a useful tool in a combat unit. One deployed combat medic took part in an online discussion at the NCO Net forum at Army Knowledge Online.

He said that asking Soldiers to leave their noncommissioned officer leadership's telephone information when making appointments would also help.

"Letting the platoon or first sergeant know of the appointment is not a cure-all, but it is a cheap and effective way to ensure another is tracking the appointment," said Sgt. 1st Class Richard Stickels, a combat medic assigned to the

2nd Stryker Cavalry Regiment.

The goal of notifications to leaders and other initiatives are to make it easier for patients to go to appointments when they can and to call in to reschedule when they cannot.

"Each missed appointment is a missed opportunity to provide care to someone needing our services," said Col. William Novakoski, ERMIC's chief medical officer and deputy commander. "Please call your clinic as soon as you know if your plans change. By doing so, you give us an opportunity to provide services to more patients in need of our care."

Are you prepared to cope if a disaster strikes?

By Manar Sadek-Shaw
*U.S. Army Garrison Wiesbaden
Safety Office*

Will you survive in a disaster?

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home.

When disaster strikes, you may not have much time to respond. An earthquake, flood,

tornado or any other disaster could cut water, electricity and telephones for days.

Recent events

Unless you have been in a major disaster/evacuation you may have this attitude that it is not going to happen to "me." In reality, half of the largest disasters on record have happened in the last 10 years.

In addition, most disaster

assistance plans developed by both civilian organizations and municipalities usually take at least three days or more to get under way and begin giving assistance to those in need. That means you must be able to sustain yourself, your family and your pets for at least a few days (or more) after a major disaster or an emergency. Families can cope with disaster by preparing in advance and working together as a team.

Knowing what to prepare for is the key to protecting your family. First, identify the type of disasters that happen in your community. Once you know what disasters are possible in your area, talk about how to prepare and how to respond if one occurs.

Second, make checklists of steps you can take as you discuss

this information with your family. Plan to share responsibilities; everyone should know what their roles are in an emergency.

Third, in case family members are separated during an emergency ensure that you develop a communication plan, designating an out-of-state family member or friend to be a "family contact."

Six basic items

Finally, in case of an emergency there are six basic items you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items such as batteries, radios, cell phone and flashlights. Keep the items that you would most likely need during an evacuation in an easy-to-carry container.

The Federal Emergency

Management Agency suggests the following:

☞ Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).

☞ Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water.

If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

☞ Include ready-to-eat canned meats, fruits and vegetables.

☞ If you've made your plans and gathered supplies in advance, your family can endure an evacuation or home confinement with relative ease.

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**SPORTSCAR
EVENTS**

Community holds Dr. King observance breakfast

The Baumholder military community came together for a Dr. Martin Luther King Jr. observance breakfast Jan. 25 at the Rheinlander Community Club. This year's national theme for the observance was, "Remember, celebrate, act, a day on, not a day off." "This theme reminds us all to remember the past, celebrate our accomplishments and act to ensure further progress is achieved," said Sgt. 1st Class William Mace, U.S. Army Garrison Baumholder equal opportunity noncommissioned officer.

At least 150 people were expected but more than 250 people attended the early morning observance, according to Mace.

The program featured singing performances by Jessica Barron and Spc. Tamika Torain, a reading of "The Letter from Birmingham Jail,"

by 1st Lt. Zayanna Dennis and a reading of an award-winning essay by the author herself, Sydney Giefer.

Pfc. Julian Guscott provided an introduction to "The Letter from Birmingham Jail" reading while Christian Thompson portrayed Dr. King in jail during the reading.

In 1963 Dr. King famously penned what has become known as "The Letter from Birmingham Jail." This letter was originally not intended to be publicly released but instead was a response to critics who called upon King to stop protests in Birmingham, Ala.

"The letter's message proved so poignant and powerful that it gained attention throughout the world, and was a key milestone in the civil rights movement, and a great example of Dr. King's



Christian Thompson portrays Dr. Martin Luther King.



Spc. Tamika Torain sings for the audience.



Jessica Barron entertains the guests.



Sydney Giefer reads her winning essay.



More than 250 people attended the Dr. Martin Luther King Jr. observance breakfast.

Commander answers deployment questions

In preparation for the deployment of the 170th Infantry Brigade Combat Team, Col. Patrick E. Matlock, 170th IBCT commander, has provided answers to frequently asked questions about the brigade's deployment. Many of the who, what, when, where and why aspects about the deployment are addressed:

Q: Why is the 170th Infantry Brigade Combat Team going to Afghanistan?

A: We are deploying to Afghanistan to accomplish missions in support of the International Security Assistance Force and the people of Afghanistan. Two of our units have already deployed. Company B, 40th Engineer Battalion has been conducting route clearance missions in southern Afghanistan since July 2010. Third Battalion, 4th Infantry Regiment, deployed in December and is conducting missions in support of the training of Afghan National Security Forces.

The remainder of the brigade will partner with Afghan National Security Forces and border police to assist in providing security for the Afghan population. Our primary focus will be to develop these forces, so they can provide security for their own population.

We'll also work with NATO-led provincial reconstruction teams to build governance and improve the economy in our areas.

Q: Where will the brigade be in Afghanistan?

A: The brigade will be conducting operations throughout Afghanistan, but will mostly be responsible for the northern region, including key districts and border crossings in Kunduz, Faryab and Baghlan provinces. Additionally, 4th Battalion, 70th Armor Regiment, will be part of a Canadian Battle Group in southern Afghanistan.



Photo by Pfc. Nathan Goodall

Blonza L. Graves, a 170th Infantry Brigade Combat Team Soldier family assistant specialist, hands out Tony Romain deployment kits at the United Services Organization booth during a deployment fair at the Rheinlander Club Nov. 20. U.S. Army Garrison Baumholder's Army Community Service is holding one more deployment fair Feb. 11 from 9 a.m. to 2 p.m. at the Rheinlander Community Club. ACS, along with numerous other agencies including legal, the health clinic and the USO are doing what they can to ease this impending separation of families by holding this follow-up fair that will offer information booths of various agencies to answer questions and provide guidance to Soldiers and their family members to help prepare them for deployment.

Q: When is the 170th IBCT scheduled to deploy and for how long?

A: The majority of the brigade will deploy in February for approximately 12 months.

Q: How has the 170th IBCT prepared for this deployment?

A: We've had roughly 21 months of dwell time since this brigade, under the 2nd Brigade, 1st Armored Division colors, came back from Iraq. We found out about this mission more than a year ago, laid out a training time line in March and have stuck to it almost to the week. The brigade has trained multiple times in Grafenwöhr, conducted a rotation at the Joint Multi-National Training

Center in Hoenfels, and we've completed situational exercises here in Baumholder; ensuring we are prepared to complete our mission under a tough set of conditions. If you give our Soldiers a vote whether they want to go to Iraq or Afghanistan, they will pick Afghanistan almost every time. That's a good thing. They want to be in the fight.

Q: What should a family considering returning to the United States during their spouse's deployment know?

A: We believe strongly that we have, and will continue to have, a great environment for families in the Baumholder military community and its surrounding areas. We want our community to be the best place

for families during the deployment. We have worked very hard to have family programs in place to support them and keep them informed throughout the deployment. We do understand some families will make the decision to return to the U.S. either permanently, or for an extended duration. We have procedures in place for both of these options. I strongly encourage families considering these options to work closely with their chain of command and the brigade's rear detachment to ensure they understand how these procedures work.

Q: Where should family members go for additional support?

A: We are blessed with having a community that is very cohesive, supportive and experienced with our Soldiers' missions and deployments.

I encourage all Bayonet family members to attend our third pre-deployment fair being held at the Rheinlander Community Center Feb. 11. All of the Baumholder family support agencies will have representatives available to answer questions regarding what the agencies have to offer. During the deployment, I cannot encourage family members enough to stay connected with their Family Readiness Groups, family readiness liaisons and take advantage of what agencies such as Army Community Service have to offer.

JOE SATELLITE
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MOBILE: 0171 684 6926
www.joesat.com

FMWR roundup

Free gospel tour

The "Lift Up Your Spirits II" gospel tour will come to Baumholder Feb. 11. Performance is at the Rheinlander Community Club. The doors open at 6:30 p.m. and the show starts at 7:30 p.m. The group consists of professional gospel singers from throughout the United States going on tour to support the troops. Come out and enjoy a night of singing and let them "lift up your spirits." For more information contact Eric Danzeiser at mil 485-7244 or email hilltoptheater@eur.army.mil.

Valentine's Day delivery

This year you can surprise your loved one by having a gift delivered directly to his or her door. Baumholder Arts and Crafts is offering Valentine's Day balloon bouquets. Orders can be delivered anywhere on Wetzel or Smith Kaserne for free or you can stop by the Baumholder Arts and Crafts and pick up your order. You may even add small or large teddy bears and bags of chocolate to your order. Long stem roses are also available at \$5 per stem or you can purchase six for \$25. Delivery service is available on Feb. 14. Baumholder Arts and Crafts is open Monday through Friday from 11 a.m. to 6 p.m. and Saturday from noon to 5 p.m. Call mil 485-6687 or civ (06783) 6-6687 to place your order or request an order form from artcenter@eur.army.mil.

Valentine's Day sale

The golf course is offering half off of everything in the store on Feb. 14. Shop early for best selections on their year-end specials on golf gear and clothing. Call the Rolling Hills Pro Shop for details at mil 485-7299/6172 or civ (06783) 6-7299/6172.

Valentine dinner buffet

The Rheinlander Community Club holds a Valentine dinner buffet featuring a selection of Sigg Zimmer's signature cuisine and piano music during the evening. The buffet includes a variety of main dishes, salads and desserts for \$15 per person with sparkling wine available all evening. Children are welcome and dinner starts at 6 p.m. Feb. 14. Reservations are preferred but not required. Call the Rheinlander at mil 485-6533.

'The Music Man' in town

Performances of "The Music Man" are scheduled for March 4, 5, 11, 12 and 13 at the Wetzel Playhouse. The show will start at 7 p.m. on March 4, 5, 11 and 12 at 3 p.m. on March 13. This is a show for the entire family. Professor Harold Hill, a traveling salesman, arrives in River City intending to run his usual



Photo by Danielle Jackson

A customer is given a free cup of coffee from Java Cafe employee April Jones after filling up her Java Cafe loyalty card. Don't know what a loyalty card is? Ask your local barista. The Java Cafe is located in Building 8667 on Smith Barracks.

scam of offering to equip and train a boy's marching band, then skip town with all of the money since he has no real musical skills. Things go awry when he falls in love with the town librarian.

For more information contact Eric Danzeiser at mil 485-7244 or email hilltoptheater@eur.army.mil.

Shooters Super Bowl

Shooters holds a Super Bowl pregame party Feb. 6 starting at 10 p.m. Shooters will offer half off all drinks from 10 p.m. to midnight. All-you-can-eat spicy wings will be available for \$8. Free games and all-you-can-eat popcorn and pretzels will also be featured. The interior gate will open at 4 p.m. and will remain open until the game is over. Just walk on down and have some fun. The game starts at midnight. Shooters is located in Building 8167 on Smith Barracks next to outdoor recreation and walking distance from most single Soldier barracks.

Ski trips

Outdoor Recreation offers ski trips to Interlaken, Switzerland, Eiger region in Grindelwald March 4-6 and 18-20. The cost is \$269 per person and non-skier rates are available. Trips include overnights in a youth hostel, a two-day ski pass for Grindelwald, transportation and free beginner ski or snowboard lessons. The trip departs Baumholder at 6 p.m. Friday and returns Sunday at 10 p.m.

Black Forest ski/snowboard day trips to Feldberg are offered Feb. 4, 26, March 26 and April 2. The cost is \$70 per seat and includes transportation, ski/snowboard rental and free beginner ski

lessons. Lift passes are not included.

Ski Gasteiner Valley in Austria Feb. 18-21 and April 8-11. The cost is \$385 per person and non-skier rates are available.

The trip includes three overnights in a hotel with breakfast and dinner, two-day ski pass for the valley, round-trip transportation and free beginner ski and snow board lessons. Great spas are located in the area.

For details call mil 485-7182/6202/6345 or stop by Building 8167.

Learn to swim for youth

Learn to swim sessions for youth are being offered by American Red Cross certified water safety instructors.

February weekday sessions are offered on Tuesday, Wednesday and Thursday, Feb. 8-23. Registration period ends Feb. 4.

Saturday sessions are offered Feb. 12 to April 2. Register now through Feb. 9.

March weekday sessions will be on Tuesday, Wednesday and Thursday, March 8-23. The registration period is Feb. 8 through March 23.

The cost is \$45 per person, per session (eight lessons per session). Call mil 485-7093 for more information.

Learn to swim for adults

Adult swimming classes are being offered in February by American Red Cross certified water safety instructors. Weekday sessions are Wednesdays and Fridays, Feb. 9 through March 4. Registration ends Feb. 4. Saturday sessions

are offered Feb. 12 through April 2. Registration ends Feb. 9. March sessions are Wednesdays and Fridays, March 9 through April 1. Registration is Feb. 8 through March 4. Various levels and times are available. Register at Arts and Crafts, Building 8895. The cost is \$45 per person, per session (eight lessons per session). Call mil 485-7093 for more information.

Lifeguard training

A lifeguard training course is offered March 21-25 8:15 a.m. to 4:30 p.m. at the Baumholder Aquatics Facility, Building. 8897. Participants must be at least 15 years of age and pass a prerequisite swim test on the first day of class. Cost is \$65 per person for the lifeguard training course which includes CPR and AED for the professional rescuer, first aid, lifeguard skills core curriculum and preventing disease transmission training. Registration period is Feb. 14 through March 18. Register and pay at the Arts and Crafts Center, Building. 8895. Call mil 485-7093 for more information.

Water aerobics

Water aerobics classes are offered on Tuesdays and Thursdays, 6-7 p.m. at the Baumholder Aquatics Facility, Building 8897. The class is geared for adults 17 years or older. Youths 13 and older may participate with a parent. The cost is \$4 per person, per class or \$30 for 10 classes. Purchase class cards at the Arts and Crafts Center, Building 8895. The class is conducted in the shallow end of the pool. Call mil 485-7093 for more information.

Community basketball

The 2011 community level basketball season is under way. The following games are scheduled:

- Feb. 6, Kaiserslautern, away
- Feb. 13, Ramstein, home
- Feb. 27, Wiesbaden, away
- March 6, SHAPE, away
- March 20, Spangdahlem, home.

Wine tasting

The Baumholder Community Spouses Club presents wine tasting at the Rheinlander Community Club Feb. 18 at 6 p.m. The session is open to members, their guests and the Baumholder community. Child care (with reservations) is available at the Smith Child Development Center. The cost is \$15 and persons should RSVP by Feb. 15. at reservebcsc@yahoo.com. If you do not cancel your reservation by the RSVP deadline and or, you are a no-show, you are required to pay the event price in full.

Sledding, skiing at its best

By Alice Verberne
Baumholder Family, Morale, Welfare and Recreation Marketing

During the winter months many folks consider the word Baumholder synonymous with snow. This year's record-breaking snowfall gives credit to the idea that the area is indeed a great location to own a four-wheel drive and learn the art of snow skiing and sledding.

The local Family, Morale, Welfare and Recreation programmers have made sure customers have lots of activities to enjoy this winter to keep people active and enjoying the weather, no matter how cold it gets outside.

The Rolling Hills Golf Course has gotten into the action by offering free sledding. David Delisio says all you have to do is come in and let the staff know that you will be out there.

"We can hook you up on the areas of the course that have excellent hills and also show you the areas that need to be protected," says Delisio.

One of the most popular choices for winter outdoor entertainment is snow skiing. Outdoor Recreation has several trips that aim to please.

The staff is poised and ready to help

you with ski packages that take the hassle out of having fun.

Baumholder Outdoor Recreation employee Werner Graf said with this year's snow conditions, the Black Forest is an excellent option for skiers and snowboarders to get in a quick day trip. These \$70 one-day trips to the Feldberg are scheduled throughout the winter and spring and are posted in the listings on page 9. Transportation and beginner ski lessons are included in the price. Outdoor Recreation director Craig Edwards said adults can be outfitted with gear for as low as \$18 for skis and \$20 for a snowboarder per day.

People who have their own equipment will be offered the free tune-up if they decide to use their own gear in lieu of the rental equipment.

Ski trips are also available to Austria with three overnights, breakfast and dinner. The trip costs \$385 per person and includes a two-day ski pass, transportation and lessons. The staff even throws in the gear for the entire weekend at the cost of rental for just one day. Give Baumholder Outdoor Rec a call at mil 485-7182/6345/6202 or civ (06783) 6-7182/6345/6202 for details.

Outside the gate

Feb. 3

Candlemas Market at St Wendel

Feb. 5

MusicalFever, Idar-Oberstein, City Theater, 8 p.m., entrance fee

Feb. 7

Market at Kirn, 9 a.m. to 2 p.m.

Feb. 8

The 12 Tenors, Idar-Oberstein, City Theater, 8 p.m., entrance fee

Feb. 12

Flea market at Metz, France, 7 a.m.

Feb. 19-20

28th IVV volksmarch at Weierbach, Hessensteinhall

Feb. 27

Children Musical, Idar-Oberstein, City Theater, entrance fee

March 5, 27

Flea market at Metz, France, 7 a.m.

March 5, 6

Fasching Party at Baumholder, Brühlhalle, 7:31 p.m., entrance fee

March 6

"World Class Piano – Chopin Pur" Birkenfeld, Schloss, 5 p.m.,

March 12

Willie Logan Concert, Birkenfeld, Stadthalle 8 p.m., entrance fee

March 19-20

17th Fairy Tale Fest at St. Wendel, Mia-Münster-Haus

March 19

Queen Revival Band, St. Wendel, Saalbau 8 p.m., entrance fee

March 26-27

IVV volksmarch at Kirn-Sulzbach

Fasching parades

March 5

Enzweiler-Hammerstein

March 6

St. Wendel 2 p.m.

Fischbach 2 p.m.

March 7

Baumholder, 2:11 p.m.

Idar-Oberstein 1:11 p.m.

March 8

Berglangenbach, 11:11 a.m.

Children Fasching events

March 6,

Weierbach, Hessenstein Hall,

Idar, Heidensteil Halle 2 p.m.

March 7

Baumholder, Brühlhalle, 3 p.m.



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ACAP: Helping Soldiers transition

By Chrystal Smith
U.S. Army Garrison Wiesbaden
Public Affairs Office

Transitioning into the next phase of life can bring about feelings of uncertainty. And that uncertainty intensifies when one doesn't have a plan.

Wiesbaden service members phasing into a new chapter can get assistance from the Army Career and Alumni Program to make the move easier.

"One of our main goals is to educate transitioning personnel with regards to their benefits," said Mag-e Freeman, career counselor, who added that ACAP provides pre-separation counseling and a wide range of transition and job search information and referral services. "We want to make sure (service members and families) know what's available to them."

"We're an informational service really," said Laura Holtz, career adviser. "We like to give people information about the whole job search process."

Soldiers with more than 180 days of active-duty service usually begin the ACAP process one year before separation or two years before retirement.

Though the program primarily markets to those in transition, counselors welcome interest from anyone who may be contemplating a change of course.



Photo by Chrystal Smith

Mag-e Freeman gives Spc. Nickol Sullivan an initial pre-separation counseling session in the Army Career and Alumni Program Office located in Building 1038 on Wiesbaden Army Airfield.

"Soldiers think that once they come ... they have to get out because they've already gone to ACAP," said Freeman, debunking the myth that a single visit initiates retirement or separation actions. "People change their minds constantly. Up until the day before they ETS or retire people will change their mind. Their record will go away or remain active as long as it needs to be."

The process comprises a mandatory pre-separation counseling session and workshops that include a two-and-a-half-day Department of Labor Transition Assistance Program Employment workshop, Veteran Affairs Benefits

Briefing and VA Disabled Transition Assistance.

"During (pre-separation counseling) we explain to them what the next steps are going to be," said Freeman, reiterating that ACAP is a process where users are advantaged more when they take the recommended time to access program offerings. "Then it's the TAP work-

shop, which covers everything from how to start searching for a job to when and where ... mock interviews complete with how to dress ... and salary negotiation."

Additionally, monthly workshops are offered as one-on-one or group sessions for advanced and federal resume writing and interviewing techniques. Participants are encouraged to bring some form of a resume. Even if one has made plans before beginning the ACAP process, advisers remind that participation is congressionally directed.

"Once you get to that 90-day window

you are supposed to be in ACAP no matter what," said Holtz.

ACAP counselors have current information about matters such as the Montgomery GI Bill, VA, knowledge of where to search for employment and more. "We always encourage people to call us to see what's going on," said Freeman. "We're not the subject matter experts, but we do know where to send people when they have questions."

But don't wait too long. More things are possible with time.

"It's a huge disadvantage for (last-minute users), because they don't have time to take advantage of the information we give them," said Freeman. Also ACAP is not exclusive to active-duty Soldiers.

"And we also help family members. ... They are welcome to go to the TAP workshop and the benefits brief," said Holtz who added that veterans, retirees and Department of Defense civilians who are losing employment as a result of reduction in force are authorized to use the program, as well as dependents, 18 years or older, seeking help with college essay writing and job applications.

Contact the Army Career and Alumni Program for more information about availability or to schedule an appointment with a career counselor at mil 337-5709/5944 or civ (0611) 705-5709/5944.

Soldier uniform

Continued from page 2

year's fashion, but it's still authorized. But Soldiers who insist on being seen in nothing but the very latest styles can stop by their local Central Issue Facility and make the change to the green fleece.

No matter which jacket you go for this season — even if you decide to mix and match — remember that the snaps are to be fastened and the zipper should be zipped up to the neck.

As for accessories, Soldiers can wear either pin-on or embroidered slip-on rank in the center of the jacket. The nametape — in quarter-inch block letters — should be worn on the left sleeve pocket only. Do not have your name embroidered directly on the jacket pocket. This takes away from the style — and it's not authorized. U.S. Army tape, nametape, and rank are to be worn on the fleece jacket.

Let's move on to headgear. The beret is the hat we will all be seeing this year, as it's the only authorized headgear for garrison wear. No matter how much you like your patrol cap, keep it on the shelf for special occasions, such as performing maintenance in the motor pool or training events. The commander can authorize the wear of the patrol cap in transit to training events, but trips to the PX are not considered training. Authorization to wear the PC is clearly one of those cases of, "It's better to get permission first, than to ask forgiveness later."

When you wear your patrol cap, rank insignia should be affixed to the front and the nametape should

be worn on the back. When it comes to the PC, less is more, specifically when it comes to adding fashion accessories such as "cat eyes" reflective strips. The only Soldiers authorized to sew cat eyes on the back of the PC are observer/controllers. And even observer/controllers are only authorized to wear them while they are "in the training box," Capel said.

Here we come to the most misunderstood uniform item to come along in a long time: the green microfleece cap. The green microfleece cap is a do when worn with the Improved Physical Fitness Uniform. It's also a great ACU accessory to wear when pulling prolonged duties, such as guard duty, in freezing temperatures. But it's not the fashion statement for short walks, say, from your car to the PX. Like the patrol cap, it needs to stay on the shelf most of the time. When authorized to wear it, the cap should be pulled down snugly on the head. And don't roll the ends — not authorized.

Of course, no ensemble is complete without the right accessories. We'll start with jewelry. The rule to remember is to leave the bling with your civilian wardrobe. Any jewelry Soldiers wear must be authorized. That means two rings (a wedding set counts as one), a wristwatch and an identification bracelet such as a medical alert bracelet or MIA/POW bracelet (in black or silver only), with only one item worn on each wrist.

When it comes to body piercing, the Army just says no — at least while you're in uniform and/or on

an Army installation or other facilities under Army control. That means do not "attach, affix or display objects, articles or ornamentation to or through the skin" — and the AR 670-1 definition of "skin" includes "the tongue, lips, inside the mouth and other surfaces of the body not readily visible."

Last but not least, how about the fashion statement you make with eyeglasses and sunglasses? When you're in uniform, make sure you're making the right statement, and not "talking (fashion) trash." Soldiers are not authorized to wear glasses that are considered trendy, such as those with initials, designs or other adornments on the lenses or frames. Sunglass lens colors should be on the conservative side, in gray, brown or dark green. Because eyewear is not authorized for wear on top of your head, the big fashion question for sunglasses is, "Where do I put them when I'm not wearing them?" The short answer is: Know where not to put them. Don't hang them off your uniform, and don't hang them from chains, bands or ribbons down the front of the uniform.

These tips take only seconds to apply, which is generally far less time consuming — or painful — than being the subject of a long and loud on-the-spot correction. You'll know you've achieved the look when you are dressed exactly the same as every other Soldier in your unit. Apply these simple guidelines and you're guaranteed to be the height of ACU fashion this season.

Army JAG shares vision with local legal eagles

By Karl Weisel
U.S. Army Garrison Wiesbaden
Public Affairs Office

The Army's judge advocate general was in town Jan. 24 to personally welcome back members of the 1st Armored Division legal team to Wiesbaden from Iraq.

Lt. Gen. Dana Chipman and a team from the Army's Judge Advocate General Corps spent time with 1st AD, 66th Military Intelligence Brigade and other unit JAG officers, civilians and paraprofessionals discussing mission, vision and future planning.

"This is a great team with a great lineage," said Chipman in welcoming back Iron Advocates to Wiesbaden after duty in Iraq. Chipman praised the "legacy of service" that Army legal Soldiers and civilians provide.

The Army's senior legal eagle discussed the JAG vision of providing "proactive legal support" in a "principled manner" and mission of "developing, employing and retaining" highly qualified legal experts. "Our obligation is to try to figure out how to retain this great talent."

Chipman also addressed the Army's efforts to reshape the military to offer more of a "supply-side model" where teams of legal experts could transition and deploy



Photo by Karl Weisel

Lt. Gen. Dana Chipman talks about the state of the Judge Advocate General Corps during a visit to Wiesbaden Jan. 24.

where needed. Among initiatives being considered is a model where Soldiers would have three years at home station for every one year of deployment. "We want to give people predictability and some measure of security in their lives," he said.

"We want to give people predictability and some measure of security in their lives."

"These are tough times for the nation as far as trying to figure out how we'll make this all sustainable," he added, addressing economic pressures facing the nation as a

whole that are impacting the Department of Defense. "It's a period of time when DoD will have to cut its budgets. ... We'll have to do some fiscal reform in order to get our house in order."

By the same token, "it is a great time to be in the JAG Corps," Chipman said. "It's a great time to be in the JAG Corps because of the diversity of our practice."

Chipman described how legal Soldiers were getting a wealth of experience while serving on missions from Iraq to Afghanistan and around the globe. "That operational experience is unmatched in our history."

Describing challenges facing the JAG Corps, Chipman said making sure mid-level managers have the depth of knowledge to perform their roles and that "investigations are done to standard" are chief among those.

Among the items the JAG Corps owes those who serve are an "equitable assignment process," a "commitment to civilian professional development," "effective knowledge management" and information technology to enhance legal practice, he said.

"Superb service" and "selfless service to meet the needs of the Army," including "superb leadership" are what is expected of Army legal professionals. That includes integrity on- and off-duty. "We are the standard bearers," Chipman told his listeners.

February 6, 2011
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Mentoring Airmen through change

**Story and photo by
Chrystal Smith**

**U.S. Army Garrison Wiesbaden
Public Affairs Office**

Has the Air Force changed much in 25 years?

A lot, according to retired Chief Master Sergeant of the Air Force Sam E. Parish.

Change was the basis of commentary he shared in a lunchtime forum with Wiesbaden-based Airmen Jan. 14 at the Wiesbaden Army Airfield Dining Facility.

“There is nothing since 1986 that hasn’t changed since I retired from the Air Force,” said Parish as he compared the state of the branch of service in 1980s to the present. “The way we do the mission, the uniforms, the chevrons ... everything has changed. ... It’s changing and evolving every day.”

Parish noted that the perpetual change brought one major improvement.

“Enlisted force, you’re bet-



Retired Chief Master Sergeant of the Air Force Sam E. Parish addresses Wiesbaden Airmen Jan. 14.

ter,” said the eighth CMSAF. “The biggest change is in the quality of the people that we’ve got. The quality is going up ... definitely up.”

And while the quality of the enlisted force has increased, the retired leader encouraged the group that mentoring is done for the sake of developing

leaders and could be stepped up a notch.

“Too often we think of mentorship as getting people ahead and saying, ‘get a college degree, get promoted,’ and it’s not,” said Parish. “We need to learn how to develop our Airmen. And it’s all about developing Airmen. And re-

ally developing Airmen is not an easy job to do, because you don’t do it just by talking to them. You have to show them in every move that you make and everything else. That’s part of mentorship—leading, guiding, telling, being and doing.”

Achieving the highest enlisted rank in the Air Force was a task that Parish said he did not do alone. He admonished the noncommissioned officers to be thorough in the duties of caring for the Airmen in their charge.

“If you don’t develop them to where they are better than you are, you have failed,” he said. “You don’t get ahead by yourself. ... Somebody who had a lot of belief in me put those words on paper.”

Though the charge to the NCOs was strong, he emphasized that everyone has the responsibility of setting sensible personal goals.

“We all need goals, but the

goals need to be realistic,” he said. “I never had a goal in my entire life except to do the best that I could do at whatever I was doing. ... That was my goal and it served me very well.”

Parish reminded his listeners of the grand opportunities available to service members and advised them to take advantage of them. “If you get an opportunity in life and you don’t take advantage of it then shame on you. If you get an opportunity in life and you try to work it and you can’t, don’t drop your head in shame because you tried,” he said.

Though retired, Parish frequently travels to provide leadership training all around the world and said he would continue until there is no longer a need.

“I love what I’m doing, and as long as I think that I’m contributing to our enlisted force, I will continue to do it,” he said.

Consider who must file a tax return

While some have been doing it for years, many ask if it’s required.

As the season for filing federal income taxes draws near, some deal with answering the question of who has to file.

One must file a federal income tax return if income is above a certain level; which varies depending on your filing status, age and the type of income received. For more information, check the Individuals section of the IRS website at www.irs.gov or consult the instructions for Form 1040, 1040A, or 1040EZ for specific details that may help you determine if you need to file a tax return with the IRS this year. You can also use the Interactive Tax Assistant available on the IRS website to determine if you need to file a tax return. The ITA tool is a tax law resource that takes you through a series of questions and provides you with responses to tax law questions.

(See the graphic for more information.)

There are some instances when an individual may want

For Most People		
IF your filing status is ...	AND at the end of 2010 you were ...	THEN file a return if your gross income was at least ...
Single	under 65	\$ 9,350
	65 or older	10,750
Marries filing jointly	under 65 (both spouses)	18,700
	65 or older (one spouse)	19,800
	65 or older (both spouses)	20,900
Married filing separately	any age	3,650
Head of household	under 65	12,050
	65 or older	13,450
Qualifying widow(er) with dependent child	under 65	15,050
	65 or older	16,150

to file a tax return even though not required to do so. Though it may not be required for some, the following are reasons why one would:

Federal Income Tax Withheld. File to get money back if Federal Income Tax was withheld from pay, estimated tax payments were made, or a prior year overpayment was applied to this year’s tax.

Making Work Pay Credit. This credit may be given if there was earned income from work. The maximum credit for

a married couple filing a joint return is \$800; and \$400 for other taxpayers.

Earned Income Tax Credit. An EITC may apply if a lot of money was not earned. It is a refundable tax credit, which means one could qualify for a tax refund.

Additional Child Tax Credit. This refundable credit may be available there is at least one qualifying child and the full amount of the Child Tax Credit was not received.

American Opportunity

Credit. The maximum credit per student is \$2,500 and the first four years of postsecondary education qualify.

First-Time Homebuyer Credit. The credit is a maximum of \$8,000 or \$4,000 if one’s filing status is married filing separately. To qualify for the credit, taxpayers must have bought—or entered into a binding contract to buy—a principal residence located in the United States on or before April 30, 2010. If one entered into a binding contract by April 30, 2010,

the home must have closed on or before Sept. 30, 2010. If a home was bought as a principal residence in 2010, there could be a credit qualification and a claim can be made even if the home is already owned. In this case the maximum credit for long-time residents is \$6,500, or \$3,250 if the filing status is married filing separately.

Health Coverage Tax Credit. Certain individuals who are receiving Trade Adjustment Assistance, Reemployment Trade Adjustment Assistance or pension benefit payments from the Pension Benefit Guaranty Corporation may be eligible for a Health Coverage Tax Credit worth 80 percent of monthly health insurance premiums when they file their 2010 tax returns.

For more assistance with tax matters visit the Wiesbaden Tax Assistance Center at its new location in the Tony Bass Center, Wiesbaden Army Airfield Building 1043, Room 207. People can also call mil 337-4753/4755 or civ (0611) 705-4753/4755 for assistance.



Photos by Ashley Brown

Brothers Arman (left) and Evan Alarilla perform with band mate Jamichael Wiley under the stage name JaBand. Photo left: Melanie Solo, on guitar, and Victoria Bautista perform "Hallelujah." during the Jan. 13 Warrior Idol talent show in the Wiesbaden High School auditorium.

High school show spotlights talent

By **Macaila Geremia**
Wiesbaden High School

All eyes were fixed on the dimly lit stage.

A spotlight shone in the Wiesbaden High School au-

ditorium, and an excited buzz rippled through the audience.

Marlene Reyes, Wiesbaden High School Student Council president and host of the event, waited for the murmurs to cease

before announcing the beginning of the Jan. 13 Warrior Idol, a non-competitive talent show.

The show consisted of a few singers, a ukulele-player, a single drummer and two actors reciting monologues — eight performances, each reaping a positive crowd reaction.

Musical acts included Ja-Band with members Arman and Evan Alarilla and drummer Jamichael Wiley performing "Tighten Up" and "I Want You Back." Dakota Hendrix, Ryan Fisico and Wiley performed "I'm Yours." Melanie Solo and Victoria Bautista sang "Hallelujah" and "Happy." Hello Misfortune, with band members Adrian Gonzalez, Wiley, Fisico and Logan Mitchell, also performed.

Mharri Terra and Ashley

Wiser each gave riveting performances reciting monologues. Terra performed a monologue from Kellie Powell's play "Thanksgiving in the Wilderness." The monologue was about the realities of modern relationships, and it had people moving in their seats with discomfort.

But in the end, the audience burst into applause.

Wiser, a Wiesbaden High senior, performed an original monologue entitled "Destructive Bliss."

The monologue centered on a girl justifying her relationship with an abusive boyfriend and trying to convince her listener that physical abuse is a sign of love.

Wiser said that when she was searching for a monologue to perform she couldn't find one

because they "all sounded the same."

When asked about the inspiration for her monologue, Wiser said she didn't have any abusive relationships to draw ideas from, just the concept that the "idea of justifying abuse would be interesting to watch therefore interesting to perform."

"This was an experiment to see the talent," said Brian Buckley, Warrior Idol's director,

Warrior Idol is a preshow to the planned spring show. Show organizers hope to attract the varying talents of the entire student body to perform in a "season ticket to Broadway" show. The performance date is expected to be between late April and early May.

"I would like to see parents and teachers perform and (be) involved in the production," said Buckley of the spring show. (Macaila Geremia is a student intern with the U.S. Army Garrison Wiesbaden Public Affairs Office)

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WAXING
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Community notes ... Community notes

Friday, Saturday child care openings

Wiesbaden Child, Youth and School Services features Friday night care Feb. 4, 25, March 11, April 22, May 6 and June 3 from 6:30-11:30 p.m. Saturday care will be featured from 9 a.m. to 6 p.m. Feb. 12, March 5, April 2, 16, May 14 and June 25. Saturday night care will be held May 14 from 6-11:30 p.m. The openings are for children ages 6 weeks and up. Current CYSS registration and reservations are required at least four working days in advance. Call Parent Central Services at mil 337-7014 or civ (0611) 705-7014 to make reservations.

National Prayer Breakfast

The U.S. Army Garrison Wiesbaden Religious Support Office hosts a National Prayer Breakfast at 7 a.m. Feb. 8 at the Community Activity Center. Call mil 337-1370 or civ (0611) 705-1370.

Daddy/Daughter Dance Feb. 5

The Wiesbaden Girl Scouts host a community-wide Daddy/Daughter Dance Feb. 5 from 5-8 p.m. at the Wiesbaden Middle School Gym. Send an email to wiesbadengs@yahoo.com for tickets and information.

BOSS events for 2011

Wiesbaden's Better Opportunities for Single Soldiers invites service members to get involved in upcoming events including a **Super Bowl party** Feb. 6 at the Community Activity Center, **Feldberg ski trip** Feb. 12, **indoor skiing** at Neuss March 5, **trip to the Buchenwald concentration camp** April 16 and a **BOSS party and cookout** April 29. Call Stevan Eclavea at mil 337-4269 or email Stevan.eclavea@eur.army.mil.

WCSC highlights

The Wiesbaden Community Spouses Club hosts a variety of hot happenings in February including **Bunco** "All About Hearts" Feb. 3 at 10 a.m., **Family Bingo** Feb. 4 at 5 p.m. at the Army Community Service caf-

Passport Office to offer community outreach

The Wiesbaden Passport Office, in conjunction with the U.S. Consulate in Frankfurt, will be accepting report of birth and tourist passport applications from customers March 31 from 9:30 a.m. to 2 p.m. in Room 223, Building 1023E on Wiesbaden Army Airfield.

Representatives from the Department of Homeland Security, Social Security and other consular benefits offices will be available as well. Visit www.wiesbaden.army.mil/sites/news/CommunityOutreach.pdf for more information about what to bring to the event.

eteria, a visit to the **Chocolate Museum Cologne** Feb. 4, **Family Photo Event** Feb. 5 and 6 at the Wiesbaden Entertainment Center, **Sparkling Wine Trip** to Mainz Feb. 10, **Historical Main Tour** Feb. 15, **"Address Your Heart" Luncheon** Feb. 16 and a **Wächtersbach Pottery Trip** Feb. 25. Visit www.wiesbadenspousesclub.com for more information.

Story time

The Wiesbaden Library features Parent-to-Parent story time Feb. 9, March 9, April 6, May 11 and June 8 at 9:30 a.m.

New Lutheran service

The Wiesbaden Army Airfield Chapel now features a Lutheran service on Sundays at 8 a.m.

Improve your English

The Relocation Readiness Program holds English as a Second Language classes (level 1) Feb. 9, 10, 23, 24, March 2, 3, 9, 10, 16, 17 and April 12, 14, 19 and 21 from 1-2 p.m. Classes are held in the second floor conference room at Texas Str. 57 in Hainerberg Housing. Child care is provided. Call mil 335-5254 or civ (0611) 4080-254 for details.

Chaplains Office moves to Hainerberg

The garrison Chaplains Office is now located in the Hainerberg Chapel in Hainerberg Housing. For more information call mil 335-5248/5570 or civ (0611) 408-0248/0570.

Salsa Night

The Wiesbaden Entertainment Center features a couples

dance contest during Salsa Night Feb. 19 at 8 p.m. Call civ (0611) 4080 190.

Red Cross blood drive

The American Red Cross sponsors a blood drive March 4 from 10 a.m. to 3 p.m. at the Tony Bass Fitness Center on Wiesbaden Army Airfield. To register as a donor or for more information visit www.military-donor.com.

Looking for a car?

Family, Morale, Welfare and Recreation hosts a hoopy sales lot next to the Wiesbaden Entertainment Center. For more information call civ (06134) 604 460 for details.

Become a volunteer

There are a wide variety of volunteer opportunities throughout the Wiesbaden community including everything from coaching to serving on a school Parent Teacher Association. Army Community Service also seeks a host of volunteers from program assistants to instructors. Call the Army Vol-

unteer Corps coordinator at civ (0611) 4080-234.

Girl Scout volunteers

Girl Scouts provides volunteer opportunities for women or men ages 18 and over to share their skills and experiences while learning and working with others. Girl Scouts provides a safe and nurturing environment where girls from all backgrounds, ages 5-17, can develop confidence, determination and skills needed to thrive in today's world. Positions available include management (Overseas Committee chair), troop leaders and coleaders, event coordinator, public relations and camp director. Training is provided. Send an email to cindykayfry@yahoo.com or wiesbadengs@yahoo.com for information, job description or an application.

Cancel medical appointments

Patients are asked to cancel their medical appointments when unable to attend. That way health officials can see other patients. Call mil 337-6320 or civ (0611) 705-6320 to cancel an appointment.

Outdoor Recreation has moved

Wiesbaden's Outdoor Recreation has moved from its former location by the shoppette on Wiesbaden Army Airfield to the former bowling center at the Tony Bass Fitness Center.

Transition briefings

At least once before retirement Soldiers and family mem-

bers should attend a pre-retirement briefing. **Pre-retirement briefings** are conducted from 9 a.m. to 4 p.m. in the Building 1023E conference room on Wiesbaden Army Airfield. Dates are April 13, July 13 and Oct. 12. Soldiers reaching 14-and-a-half years of active duty should attend a **Career Status Bonus/Redux Retirement Program briefing**. They are offered in Room 107, Building 1023W on WAAF from 1-3 p.m. and will be held Feb. 10, March 10, April 14, May 12, June 9, July 14, Aug. 11, Sept. 8, Oct. 13, Nov. 10 and Dec. 8. Soldiers planning to separate from the service must attend a **pre-separation briefing** no later than 90 days before transition date. Briefings will be held from 9 a.m. to noon in the Building 1023E conference room on Feb. 10, March 10, April 14, May 12, June 9, July 14, Aug. 11, Sept. 8, Oct. 13, Nov. 10 and Dec. 8. Call the Wiesbaden Transition Center at mil 337-6296 or 6638 to reserve a space or for more information.

Religious education

Volunteers are sought to make a difference in children's lives and to teach them Bible stories at the Hainerberg Chapel. Contact Julie Searight at Julie@searights.com to get involved.

U'r Place offers lunch

Stop by the U'r Place eatery (at the Arts and Crafts Center) on Wiesbaden Army Airfield for lunch weekdays from 11:30 a.m. to 1:30 p.m.



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Liebieghaus: *Frankfurt museum offers unique look at 5,000 years of world history*

Story and photos by

Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

Frankfurt's museum row on the Sachsenhausen side of the Main River attracts visitors from far and wide. Whether it's to explore world cultures at the Museum für Weltkulturen at Schaumainkai 29 or the history of communications at the Museum für Kommunikation at Schaumainkai 53, world-renowned paintings and sculpture at the Städel at Schaumainkai 63 or the movie business at the Deutsches Filmmuseum at Schaumainkai 41 — young and old will find something of interest.

Among the many showcases of art, artifacts, architecture and anthropology is a museum dedicated to 5,000 years of sculpture — from ancient Egyptian to neo-classical times. Not surprisingly, many of the works are concerned with the spiritual life and the ruling class — from rendering of Greek goddesses to Biblical figures, Egyptian pharaohs to medieval church leaders.

The Liebieghaus, located next to the Städel and the Holbeinsteg pedestrian bridge which spans the river (at Schaumainkai 71), invites visitors to examine the many ways individuals have found to depict historical, religious and mythical occurrences through the ages.

While only part of the museum has been open in recent weeks as the museum staff prepared to open a special exhibition of 17th century ivory sculptures, visitors were still able to browse through a collection of work from the Middle Ages and a mixed assortment of pieces from throughout history in its basement Schaudapot exhibition.

Asking for the audio guide is recommended as one is rewarded with a rich smattering of observations about the artists, stories behind the depictions and historical controversies surrounding the artwork. Among many portrayals of Jesus' mother Mary, is one in which the two are holding hands with another woman who is twice the size of Mary and Jesus. According to the guide, the larger figure is St. Anne — Mary's mother. At the time when the statue was created, church authorities were undecided about the status of



A detail from one of the many depictions of Mary. Photo top: Busts of four influential early church fathers from 1496. Photo right: The Liebieghaus collection is housed in a 19th century Frankfurt villa.

Mary — whether or not she too was conceived immaculately — a state many in the church felt was necessary for her to be free of original sin.

One also learns that the term "Renaissance" was first used in 1550 by Italian author Giorgio Vasari to indicate that art of the Middle Ages was evolving into something new.

While the museum's collection includes many more pieces than available space in the 19th century villa, curators have dedicated room in the basement Schaudapot exhibition to highlight the full range of sculptural materials. Featuring a hodgepodge of works from throughout recorded history,



the exhibit invites viewers to make their own connections. Medieval saints stand next to ancient Egyptian mummy masks, baroque princesses next to cherubic angels.

The Liebieghaus is open Tuesday to Sunday from 10 a.m. to 6 p.m. (stays open until 9 p.m. on Wednesday and Thursday). The museum also features sculpting for children ages 6-12 every third Sunday of the month from 11 a.m. to 1 p.m.

Reduced price admission is currently available with not all of the museum rooms open to the public — €5 for adults, €3 for students and a family ticket for €10. Children under 12 may enter for free.

For more information about the Liebieghaus visit www.liebieghaus.de and click on the English link. School classes can arrange private tours of the museum by calling civ (069) 6500 49110.



Allstar Weekend performs at t band performed at military ins an Armed Forces Entertainment

Allstar Weekend

Fans treated to by Disney Char

Story and photos by

Jennifer Clampet

U.S. Army Garrison Wiesbaden
Public Affairs Office

The Armed Forces Entertainment latest musical tour brought a

throbming mob of fans celebrating. Twelve-year-olds Katryn Brown and Ica Gonzalez had their faces pressed against the glass doors at Flyers Theater Jan before Allstar Weekend ever took the stage.

"We've been here since two o'clock," Gonzalez squealed, her mother nodding in affirmation for those who doubted her daughter's excitement for the 7 p.m. concert.

The girls' handmade posters requested the affections of the Disney stars. And the duo's painted faces left no question as to the extent of their commitment to see, hear and maybe even meet members of the Allstar Weekend band.

"It's them themselves," said Gonzalez to why the band would draw such a crowd. "They're funny and amazing."

Allstar Weekend is the latest musical group to tour under Armed Forces Entertainment at the U.S. Army Garrison Wiesbaden.

Founded in 1951, Armed Forces Entertainment aims to host up-and-coming entertainment for overseas performances open to their families.

The agency is the single point of contact with the Department of Defense for entertainment to U.S. military personnel.



the Flyers Theater Jan. 23. The installations in Europe as part of nt tour.

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They're funny and amazing." — Monica Gonzalez, age 12

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ing overseas. In 2008 the agency hosted 114 tours for more than 1,000 performances.

Stars who have toured under Armed Forces Entertainment have included Sugarland, Flo Rida, Kid Rock, Sinbad, D.L. Hughley and the New York Underground Comedy Festival All Stars — the latter performed this summer at the Wiesbaden Entertainment Center.

Allstar Weekend is a popular Disney Channel band which has built a fan base through its rising Disney Radio fame, extended play CDs and viral music videos.

Eleven-year-olds Olivia Thompson and Dominique Huff became fans after watching the band's rise to stardom on the Disney Channel.

"Yeah, they're talented," said Thompson as she sat in the Flyers Theater — a home-

made poster with glittering letters a few seats down from her.

"If they hadn't have come here (to Wiesbaden), I would have snuck out to see them wherever," said Huff giving a playful smile.

More than 100 people attended the band's free concert on the Wiesbaden Army Airfield. Most of the audience members — mostly preteen and teenage girls — rushed the stage as the show began.

Halfway through the Jan. 23 show, the band's lead singer Zachary Porter thanked the crowd for its enthusiasm and noted the band's own excitement for performing for America's military families.

Allstar Weekend wrapped up its two-week-long tour of U.S. military installations in the United Kingdom and Germany on Jan. 24.

Katryn Brown (right) and Monica Gonzalez scream as members of Allstar Weekend take the stage in Wiesbaden. Photo right: Zachary David Porter sings to the crowd.



Allstar Weekend band member Cameron Michael Quiseng looks over the crowd of fans during the Jan. 23 performance at the Flyers Theater on Wiesbaden Army Airfield. The band performed at military installations in Europe as part of an Armed Forces Entertainment tour.





Nathan Way takes aim and lets one fly during a game of dodgeball at the Wiesbaden Army Airfield School-Age Center Jan. 21.

Dodgeball: *Players give new CYSS sport a big thumbs-up*

**Story and photos by
Karl Weisel**

*U.S. Army Garrison Wiesbaden
Public Affairs Office*

"You can hurt your siblings and get away with it."

That sentiment, expressed by dodgeball player Nico Delacroce, was echoed in various ways as players enthusiastically endorsed Wiesbaden Child, Youth and School Service's latest addition to its winter sports programs.

"It doesn't hurt and it's not as competitive as other sports," said Ryan Tiedke. "And you can have a lot of fun."

Dodgeball, which most people remember from their PE classes long ago featuring a heavy, round rubber ball, has been updated and streamlined for CYSS youths today. The "brand new sport that hasn't been done by any garrison overseas," according to Brad Hagan, U.S. Army Garrison Wiesbaden CYSS sports and fitness assistant director, featured two Wiesbaden teams facing off for the first time at the School-Age Center on Wiesbaden Army Airfield Jan. 21.

"We're trying to get other garrisons interested," said Hagan. "I know we're the only one in Europe. We're the pilot program. Other garrisons are looking at us to see how things go."

Hagan said he was looking forward to CYSS teams from Heidelberg and Kaiserslautern joining in the competition when it is offered again next season.

Unlike earlier versions of the sport, today's dodgeball is a



Referee Brad Hagan counts down the start of a game. Photo left: Andrew Tiedke dodges a shot to remain in the game.

"The modern equipment is much, more player friendly, easier to grip and throw," he said, adding, "The balls are made from a type of foam that doesn't hurt."

"It's really fun," said Ryan Keeley, adding that he also played dodgeball in school.

"It's not really different from other sports," said Nathan Way, "and it's really good at preparing players for other sports."

Justin Little seconded that impression, saying, "It gets people more fit for life. The best part is having fun, throwing really hard at people and testing your limits."

"This is different than other sports because in other sports you work more as a team, while in this sport we just throw," said Johnny Wortmann, who said he's also enjoyed playing baseball, basketball and going swimming.

Teams face off at the School-Age Center every Friday with the season running through March 4.



fast-paced game where players vie for a number of small, colored balls in an attempt to force out opposing players. While the balls are much smaller and less lethal, the game still requires quickness, the ability to contort one's body to avoid a hit and a keen eye and hands for catching balls to allow a forced-out player back into the game.

"We're following a set of rules passed down from the Dodgeball Association," said Hagan, explaining that while the rules call for six players on a side and six balls, Wiesbaden Youth Sports staff modified the rules to allow more players into the game—seven against seven and eight balls.

Sports shorts

Wahoos are champs

The Wiesbaden Wahoo swim team dominated the Tyrolean Division Championship Jan. 22 earning 905 points to take first place followed by Eiffel with 263, Vilseck 246 and Hohenfels 243.

Hunting course

Wiesbaden's Hunting, Fishing and Sport Shooting program holds a German hunting course Feb. 8 to April 23. Cost is \$180. Classes will be held Tuesday and Wednesday from 6-9 p.m. with shooting and practical exercises on the weekends. Stop by Outdoor Recreation or call civ (0611) 705-5760 for details. For information about hunting classes in Baumholder call civ (06783) 6-7182.

Krav Maga workshop

The Wiesbaden Fitness Center holds a Krav Maga workshop Feb. 5 from noon to 6 p.m. Cost is \$95. Call the center at civ (0611) 705-5379.

Meet Marlins

Meet Florida Marlins players Logan Morrison, John Buck, Hall of Famer Andrew Dawson, Jeff Conine and members of the Marlins Mermaids Feb. 10 from 11:45 a.m. to 1 p.m. at the Wiesbaden Dining Facility.

Baumholder B-ball

Come out to the Hall of Champions as the Baumholder Bears take on Ramstein Feb. 13 and Spangdahlem March 20. The basketball games are at 1 p.m. Call civ (06783) 6-6671 for details.

Super Circuit Marathon

The Wiesbaden Fitness Center holds a Super Circuit Marathon March 5 from 9:30 a.m. to 2:30 p.m. Call civ (0611) 705-5541.

Black History Boxing

A Black History Boxing Tournament will be held Feb. 26 at the Wiesbaden Fitness Center. Doors open at 6 p.m. and the first bout is at 7 p.m. Call civ (0611) 705-5541 for details.

Super Bowl party

The Wiesbaden Community Activity Center holds a Super Bowl party Feb. 6 starting at 6 p.m. Cost is \$10 per person including a buffet, DJ music, trivia contest and the game on a super large screen. A Texas Hold'em tournament will also be held.

Fishing courses

Wiesbaden's Hunting, Fishing and Sport Shooting program offers U.S. forces fishing courses March 7-11, May 16-20, July 18-22, Sept. 19-23 and Nov. 14-18. Cost is \$60 per person or \$75 per family. Call civ (0611) 705-5760 for details.

Boot camp

Wiesbaden Fitness Center hosts a "You Just Do It" boot camp March 7 to April 14. Cost is \$90. Visit the fitness center or call civ (0611) 705-5541 for more information.

Officials clinic

The Installation Management Command-Europe Child, Youth and School Services will host a Little League officials clinic at Tompkins Barracks in Schwetzingen (Building 4233) Feb. 7-11. Veteran umpire Jack Conway will return to present the annual clinic for community members who want to be officials and/or clinic instructors at their installation for CYSS. Clinic attendees will learn current rules, proper signaling, points of emphasis, rule changes, plate and field mechanics and procedures. The clinic will culminate with a written test and a practical examination. Call Joseph Marton at mil 379-6038 or civ (06202) 80-6038 for more information.

Free fitness orientations

Baumholder fitness centers offer free fitness orientations for adults age 18 and above. Sign up at the Hall of Champions Sports Office weekdays from 8 a.m. to 5 p.m. Call civ (06783) 6-7176 for more information.

KMC Eagles hockey team wins USAFE title

By Ken Robinson
President of A4

The Kaiserslautern Military Community Eagles have won their third consecutive U.S. Air Force-Europe ice hockey championship.

The Eagles finished first out of 10 teams competing in this year's tournament. The final game between the KMC Eagles (Air Force) and the Canadian GK Flyers (Air Force) ended the same way it did last year, with a dominating victory for the U.S. team, 6-2.

Most teams in the competition expected the Eagles and GK would see each other in the finals. With the Eagles' recent display of skills, it was clear the Eagles were the top favorite going into the tournament.

However, the GK Flyers had a score to settle after last year's second-place finish. The Eagles team had to find the back of the net against one of the tournament's top goalies – Sylvain Cloutier.

And for last year's most valuable player, Senior Airman Adam Nyitray, a victory for the KMC Eagles was especially savored since it was his last hoorah before PCSing back to the States. Not only was Nyitray last year's tournament MVP, but he was also the dominant force behind the Eagles' offense for the past three years.

The championship game turned out to be less of a competition than expected, but the third-place matchup more than made up for it.

The Baden Bruins faced off against the Bayern Rangers in one of the most competitive games of the tournament.

Both teams were scoreless going into the second period. The Bruins left-winger Steven May (Department of Defense Dependents Schools civilian from Wiesbaden) broke the stalemate early in the second period.

The Eagles remained ahead up until the last two minutes of the game when tournament top scorer, Staff Sgt. Chris Sheehan, with the 23rd Ordinance Company of the Rangers, pushed the puck underneath the Bruins' top goalie, Senior Airman Ryan Flanagan,



Contributed photo from Ken Robinson

Kaiserslautern Military Community Eagles defenseman Maj. Brian O'Connor of the 86th Medical Squadron at Landstuhl Regional Medical Center defends the puck against Dean Parsons of the GK Flyers.

to tie the game at 1-1.

The game's regulation time ended with the teams tied at one moving the game to penalty shots. Once again Sheehan put in the game winner as the last shooter for the Rangers.

The 19th annual USAFE tournament was held in scenic Garmisch-Partenkirchen at the Olympic stadium. Military teams from around Europe came for this three-day competition.

Teams competing in the tournament included the two-time winning Baden Bruins (Army), Bayern Rangers (Army), Shape Shields (NATO), Ansbach Choppers (Army), Bitburg Bears (Air Force), Aviano Dragons (Air Force), Stuttgart Mustangs (NATO) and the KMC Adlers (Air Force).

This year's tournament was full of surprises. The biggest surprise was the strength of the newly formed Ansbach Choppers. The Choppers gave the top two teams in its pool a run for their money, losing to the second-place GK Flyers (0-2) and within one against the fourth-place Bruins.

Other surprising news was the introduction of the RAF Aces (Royal Air Force). Because the Aces were unable to meet their roster suspense, the team was unable to compete in the tournament. However, many of the Aces' team members found positions on a number of other teams in the tournament, some of whom made huge impacts on their foster teams' final standings.

Just as the tournament introduced new teams to the tournament — Choppers, Mustangs and Aces — the tournament lost its top director, Tom Burkett.

This was Burkett's last and final USAFE championship. After 15 previous tournaments and 49 years of public service, Burkett will finally hang up his blades. Organizers noted he will be missed as the great face of the Armed Forces tournament.

Burkett's replacement will be Dawn Pierce who will take over as the new USAFE Sports and Fitness manager.

The Army-Air Force-Adler Alliance plans to continue coverage of the USAFE Ice Hockey tournaments in the future, providing news, information, statistics and scores as USAFE's unofficial home for military hockey.

The A4 is a non-profit organization created to promote and support the activities of the Mannheim Adler professional hockey team for the U.S. military community. For a chance to win free Adler Mannheim tickets register on the A4 website at www.adleralliance.com.

The Adler Mannheim recently signed Steven Reinprecht from the Florida Panthers and is preparing for the upcoming Deutsche Eishockey Liga or German hockey league playoffs. The Army-Air Force-Adler Alliance receives promotional tickets for all Mannheim Adler home games.

Krazy Karaoke, Sweetheart Dance

The Cappuccino Casino at the Hainerberg Shopping Center invites community members to compete for cash awards during Krazy Karaoke Feb. 25 at 8 p.m. The Wiesbaden Entertainment Center also features karaoke on Feb. 3 and 17 starting at 5 p.m. The Cappuccino Casino holds a Sweetheart '70s Dance Party Feb. 12 from 8 p.m. to 1 a.m. Call civ (0611) 411-4444 for details.

'Beauty and the Beast'

The English Theater Frankfurt presents the Theater Unlimited production of "Beauty and the Beast" March 12, 13, 26, 27, April 2, 3, 9 and 10 at 2 p.m. Call civ (069) 2423 1620 or visit www.english-theatre.org for reservations.

Gospel tour

Armed Forces Entertainment presents the free Lift Up Your Spirit II gospel tour Feb. 12 at the Taunus Movie Theater

Things to do ... Things to do

at the Hainerberg Shopping Center. It will feature Stellar Award winner James Fortune, Rivena and Canton Jones. Doors open at 6 p.m. and the concert starts at 7 p.m.



Three-time gospel music Stellar Award winner James Fortune will headline the Lift Up Your Spirits II tour.

Upcoming concerts

The Frankfurt Batschkapp features

The Busters Feb. 2. The Capitol Offenbach features **Maroon 5** March 3. The Festhalle Frankfurt hosts **James Blunt** March 24 and **Blink-182** June 20. Visit www.batschkapp.de for more information. Mainz' Frankfurter Hof features French accordion player **Lydie Auvray** and her band Feb. 17, jazzers **Lisa Bassenge and Jacky Terrasson** Feb. 19 and Italian singer **Malika Ayane** Feb. 21. Visit www.frankfurter-hof-mainz.de for details.

Oscar Wilde play

The Amelia Earhart Playhouse presents the Frankfurt English Speaking Theater production of Oscar Wilde's "The Importance of Being Earnest" Feb. 18 and 19 at 7:30 p.m. Tickets, \$12 for adults \$8 for students, are available at Wiesbaden USO offices. Call civ (0611) 816 2473 for more information.

Irish Pub performers

The Mainz Irish Pub features **karaoke** Feb. 7, 10, 14, 17, 21, 24 and 28. Upcoming featured performers include **Steven McGowan** Feb. 4, **Stewart** Feb. 5, **Ben Kyle** Feb. 9, **Funky Frank** Feb. 11, **Rockhouse** Feb. 12, **The Capones** Feb. 16, **Gelon** Feb. 18, **Aidan Ward** Feb. 19, **Jupp Simon** Feb. 23, **The Limpets** Feb. 25 and **Gear Down** Feb. 26. **Open stage nights** are Feb. 6, 8, 13, 15, 20, 22 and 27. The Irish Pub is located at Weissliliegasse 5.

High-speed library connection

Kaiserslautern's Vogelweh Library now offers high-speed Internet service in its two computer labs with more than 40 workstations. Visitors can bring their laptop, iPad or Wi-Fi-enabled smartphone for high-speed web access. The library is located in Building 2059. Call civ (0631) 536 7665 for more information.

School bits

Deadline extended for scholarships

The Wiesbaden Community Spouses Club has extended the deadline to apply for college and continuing education scholarships to Feb. 28. Applications are available at Wiesbaden High School, the Wiesbaden Library, Wiesbaden Education Center, Army Community Service and online at www.wiesbadenspousesclub.com.

No school Feb. 21

Department of Defense Dependents Schools-Europe will be closed Feb. 21 for Presidents Day.

Aukamm activities

Aukamm Elementary School holds an awards ceremony Feb. 8 at 9 a.m. Conference day is scheduled for Feb. 11 (no school for students).

Dental screenings

Members of the Wiesbaden Dental Clinic will be visiting local child development centers and schools this month during National Children's Dental Health Month to screen teeth and talk about dental health. Dental teams will visit Wiesbaden Army Airfield CDC (Building 1501) Feb. 8 and 9, Hainerberg Elementary School Feb. 9-10, Hainerberg CDC Feb. 11 and Aukamm Elementary School Feb. 16.

University advisers

Academic advisers from the University of Maryland University College Europe will be available Feb. 16 at the Wiesbaden Education Center (Building 1023E on Wiesbaden Army Airfield) to discuss degree programs, help develop a personal plan of study and continuing one's education while deployed. Call mil 337-5917 or civ (0611) 705-5917 for more information.

You Made the Grade

The Army and Air Force Exchange Service recognizes students who receive high marks through its You Made the Grade program. Students who achieve a B average or better receive a benefits-filled booklet including coupons for a free Burger King kids meal, Subway six-inch combo, video rental and more. Students who make the grade can also register for a drawing to win a savings bond worth up to \$5,000 by filling out and mailing an entry form. To pick up the booklet students can present a valid military ID card and proof of an overall B or better average at their local exchange. Students can receive one coupon package for every qualifying report card, but may enter the drawing only once per calendar year. (*AAFES-Europe Public Affairs*)

UofM registration

University of Maryland University College Europe offers two field study courses this spring — Northern Renaissance Art in Brussels and Paris March 12-19 and Expatriate Writers in Rome March 12-19. Registration deadline for those courses is Feb. 20. Visit www.ed.umuc.edu/fieldstudy for details or stop by your local Education Center.

Money pro advises Warriors

A renowned banker and writer recently dropped in on Wiesbaden High School seniors Jan. 24 to pass on advice about life and money.

Neale Godfrey came with a message about the importance of finances and putting oneself on the path to a chosen career at an early age.

Godfrey authored 16 books dealing with money, life skills and values for adolescents and parents to ease the journey into adulthood.

While Godfrey posts a successful career as a writer, had childhood dreams of becoming an actor and college studies focused on diplomatic relations, she began her journey as a banker.

She shared that she was right out of college in the 1970s in need of a job in New York City, so she applied for a position with Chase-Manhattan Bank. Despite being well-



Neale Godfrey

qualified she said she was not hired initially as an executive because she was a woman.

Godfrey began to write finance books for youths after realizing the difficulty of trying to explain such concepts to her children.

She said there was a startling lack of material with which to teach youngsters about money and her 5-year-old daughter suggested she write her own.

The books are purposely written as a simple and fun way for children and young adults to learn how to take charge of their

own finances.

Godfrey has seen her work in action and how powerful it can be as she shared a story about a trip to a middle school in New Jersey. She said she was sitting in the principal's office when a young boy, whom the principal claimed was a truant and bully, came in and demanded to take AP classes. The boy had been in Godfrey's program, Life Inc., based on a personally authored work and funded by the Deloitte Foundation, for two weeks and it made him want to change his life. She reported he is now on his way to college.

Godfrey answered student inquiries about the economy, saving money and other issues regarding the basics of finance.

"The money part of your life can be healthy and really inspiring, or it can cause stress and a mess," she said, adding

that economies rise and fall. "Ours is down but will likely be up again in the near future." She said that Americans need to go back to the basics; living below their means and saving, rather than, above and going into debt.

As for savings, she said if the interest rate is around 10 percent and a person saves \$40 a week from the age of 25-35, that person will have \$750,000 by the age of 65. If someone saves from the ages 25-65, he or she could have \$4 million.

Her final point to the senior class was, "life is a journey, college is only the next step, not an endpoint. The economy will get better eventually. Our generation is the future, and we will hold the world in our hands. Take responsibility, don't be stupid. Give back, share and make a difference. Go do it." (*Submitted by Ammon Barnhart from Wiesbaden High School*)

Practice makes successful middle school students

By Miriam Castro
Wiesbaden Middle School

In order to become or stay a successful student an individual must have determination and focus.

Even if one is not doing so well, improvement is always possible. But, the key to doing that is practice.

One of the many things that students must be able to do is prioritize. It's OK to hang out with friends and have fun, but there has to be a limit. One has to make time for homework, studying, sports, family and other practice.

During class it helps to take quality notes. There are lots of ways to take notes, ask a parent, teacher or Advancement Via Individual Determination student to learn how to take

good notes. At home review the notes; this helps with remembering what was done in class. Notes can also be used to help with homework if a student forgets how to do something.

If a pupil really doesn't understand something, he or she shouldn't be afraid to ask. Go up to a teacher or any adult and ask him or her to explain what is not understood. Teachers are happy to help when students come to them before it becomes a problem. Parents can be very helpful when allowed

to help.

These are some of the techniques that have helped with personal success as a student, and it can help others too. And then don't forget to practice what was learned, because practice makes perfect. (*Miriam Castro is a Wiesbaden Middle School AVID student.*)



Big Bucks For College

An invitation to

A Night at Carnevale

Dinner and Auction

March 4 at 6 p.m. at the Wiesbaden Community Activity Center

For more information, visit www.wiesbadenspa.weebly.com or email: wiesbadenspa@gmail.com

Seeking donations for auction items



Jeff Bridges (left) and Matt Damon star in the cowboy drama "True Grit."

At the movies Feb. 3-17

Baumholder, Wagon Wheel

Feb. 4 — No Strings Attached (R) 7 p.m.
Feb. 5 — Harry Potter And The Deathly Hallows – Part 1 (PG-13) 4 p.m. Unstoppable (PG-13) 7 p.m.
Feb. 6 — True Grit (PG-13) 6 p.m.
Feb. 11 — The Rite (PG-13) 7 p.m.
Feb. 12 — The Next Three Days (PG-13) 4 p.m. Burlesque (PG-13) 7 p.m.
Feb. 13 — Tangled (PG) 6 p.m.

Wiesbaden, Taunus

Feb. 3 — Unstoppable (PG-13) 7 p.m.
Feb. 4 — The Rite (PG-13) 7 p.m. The Next Three Days (PG-13) 9:30 p.m.
Feb. 5 — Megamind (PG) 4 p.m. Burlesque (PG-13) 7 p.m. The Rite (PG-13) 9:30 p.m.
Feb. 6 — Harry Potter And The Deathly Hal-

lows – Part 1 (PG-13) 4 p.m. The Rite (PG-13) 7 p.m.

Feb. 7 — The Rite (PG-13) 7 p.m.
Feb. 8 — Burlesque (PG-13) 7 p.m.
Feb. 9 — The Next Three Days (PG-13) 7 p.m.
Feb. 10 — Burlesque (PG-13) 7 p.m.
Feb. 11 — The Roommate (PG-13) 7 p.m. Love And Other Drugs (R) 9:30 p.m.
Feb. 12 — Tangled (PG) 4 p.m. The Roommate (PG-13) 7 p.m. Love And Other Drugs (R) 9:30 p.m.
Feb. 13 — Tangled (PG) 4 p.m. The Roommate (PG-13) 7 p.m.
Feb. 14 — The Roommate (PG-13) 7 p.m.
Feb. 15 — The Next Three Days (PG-13) 7 p.m.
Feb. 16 — Love And Other Drugs (R) 7 p.m.
Feb. 17 — Burlesque (PG-13) 7 p.m.



Anthony Hopkins is a Roman Catholic priest, Father Lucas, and Marta Gastini plays Rosaria in "The Rite." Photo left: Elizabeth Banks and Russell Crowe are husband and wife in the thriller, "The Next Three Days."

Movie plots

True Grit (PG-13) — Fourteen-year-old Mattie Ross's (played by Hailee Steinfeld) father has been shot in cold blood by the coward Tom Chaney (Josh Brolin), and she is determined to bring him to justice. Enlisting the help of a trigger-happy, drunken U.S. marshal, Rooster Cogburn (Jeff Bridges), she sets out with him — over his objections — to hunt down Chaney. She is determined to pursue the criminal into Indian territory and find him before a Texas Ranger named LeBoeuf (Matt Damon) catches him and brings him back to Texas for the murder of another man.

The Next Three Days (PG-13) — Life seems perfect for John Brennan until his wife, Lara, is arrested for a gruesome murder she says she didn't commit. Three years into her sentence, John is struggling to hold his family together, raising their son and teaching at college while he pursues every means available to prove her innocence. With the rejection of their final appeal, Lara becomes suicidal and John decides there is only one solution: to break her out of prison. John devises an elaborate escape plot and plunges into a dangerous and unfamiliar world, ultimately risking everything for the woman he loves. Stars Russell Crowe and Elizabeth Banks.

The Rite (PG-13) — Inspired by true events, "The Rite" follows skeptical seminary student Michael Kovak (Colin O'Donoghue), who reluctantly attends exorcism school at the Vatican. While he's in Rome, Michael meets an unorthodox priest, Father Lucas (Anthony Hopkins), who introduces him to the darker side of his faith, uncovering the devil's reach even in one of the holiest places on Earth.

Burlesque (PG-13) — Ali (Christina Aguilera) is a small-town girl with a big voice who escapes hardship and an uncertain future to follow her dreams to L.A. After stumbling upon the Burlesque Lounge, a majestic but ailing theater that is home to an inspired musical revue, Ali lands a job as a cocktail waitress from Tess (Cher), the club's proprietor and headliner. The theater's outrageous costumes and bold choreography enrapture the young ingenue, who vows to perform there one day. Also stars Kristen Bell and Stanley Tucci.

Unstoppable (PG-13) — Denzel Washington stars in a movie about a runaway train carrying a cargo of toxic chemicals. An engineer and his conductor race against time and the train. They are chasing the runaway train in a separate locomotive trying to control it before a derailment on a curve causing a toxic spill that will decimate a town.

No Strings Attached (R) — A guy and girl try to keep their relationship strictly physical, but it's not long before they learn that they want something more. Stars Natalie Portman and Ashton Kutcher.

The Art of Essays

Five ways to write a better school essay

by **Frank Holowka**
Ramstein High School

As most students know, one of the hardest and most time consuming assignments we face are writing essays.

We become bored, careless, and tend to lose focus while writing. We let our minds wander off onto different things making it that much harder. Writing essays for classes are hard, especially when you have a short amount of time to write.

Here are some quick tips that you can use in any school subject to improve your essay grades and become a more effective writer.

1. Do not restate the question in your essay. Answer the question, you don't have to or want to repeat it.

2. Do not write everything you know on the topic. Stay focused on answering the question you are asked.

3. Do not suggest anything that can be misconstrued as unethical. State the facts and use logic. You don't want the reader to become confused or offended.

4. Do not spend a lot of time writing your introduction and conclusion. Keep them simple. Put your focus into the body of the essay.

5. Do not begin writing until you have a clue what you are going to write. To organize your thoughts, it helps to make an outline. An outline will help you to avoid a wandering mind and keep your focus on the topic or question.



JOB



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How to recover from holiday debt

Commentary by
Maj. Vincent Casquejo
22nd Maintenance Squadron

MCCONNELL AIR FORCE BASE, Kan. — The holidays are over and the decorations are put away. But soon, you may receive the inevitable, unwanted gift that most receive regardless if they have been naughty or nice — the bills for last month's purchases.

If a cold sweat is forming on your brow as you read this, take a deep breath and do not fret. We can offer you some free advice.

Setting A Budget

First, if you do not have a budget, the new year is a perfect time to establish one. There are a number of resources available to help assist you in this endeavor, including computer programs that automatically track spending and income (numerous banks offer similar capabilities for free online), or if you need more personal guidance, the Airman & Family Readiness Center provides financial counseling free of charge.

Creating a budget is a fairly simple process. Start by determining how much money you earn after taxes, and what your total expenses are, including housing, utilities, auto loans, credit, food and entertainment. Continue doing this for about four weeks, categorizing every income and expense item in a log and remember to keep receipts for everything. At this point, you should

have a basic budget that shows where your money is going, and how much you should have left over each month. This will enable you to start the next phase: validating your budget.

Validating A Budget

Now, you need to ensure your budget is correct. For the first month, you may come up a little short of what you were expecting, but do not panic. Instead, go back and review your expenditures on incidentals or utilities, and you might find that you under budgeted for these items.

This is pretty common if you set your budget based on a gas bill from August and you are now getting your December bill with a rude surprise for that extra heat you have been enjoying in your house. In these instances, you may have to adjust your utilities budget based on seasonal use.

Another common mistake is under budgeting for food. If you frequent local restaurants three to five times per week, you might want to consider packing a lunch at least twice a week until you can lower food expenses within your budget.

Once you can get within your budget, you can begin taking the right steps to get out of debt.

Getting Out Of Debt

The most important step to get out of debt is to stop the credit card insanity. Only use your credit card for expenses you know you can pay off at the end of

the month.

If you cannot do this, put your credit cards, all copies, in a locked desk drawer until you pay them off. Use credit cards only to make purchases you can pay from month to month, or for large ticket items you have saved for.

Next, rank your credit cards by interest rate from highest to lowest. Add your monthly payments into your budgets paying as much as you can on your high-interest cards first, and making at least the minimum monthly payments on your lowest interest rate cards.

After you start living by your budget and attacking your debt, you can start saving money for a "rainy day" or for retirement. Again, add savings and investments into your budget.

There are numerous ways to achieve this, but a good place to go for information on savings is www.militaryonesource.com or your personal banking institutions website.

Now, to end where we began, total up all of your holiday expenses (trips, gifts, etc.). Take this total and add it to your savings budget, breaking up the total into 12 equal monthly installments.

Then set up an automatic allotment from your checking account for this amount, and have it sent to a separate savings account called "holiday fund".

If you are disciplined about not touching this money for the entire year, you will have a truly happy holiday in 2011.

(Master Sgt. Chris Phillips contributed to this story.)

'Virtual world' helps with post-traumatic stress

by Cheryl Pellerin

American Forces Press Service

WASHINGTON — Defense Department officials are using virtual-world interactivity to educate and help war fighters and others who are reluctant to seek more direct care to deal with post-traumatic stress, said an official at the National Center for Telehealth and Technology, also known as "T2."

During a recent telephone briefing from the center's headquarters at Joint Base Lewis-McChord in Tacoma, Wash., Greg Reger, a clinical psychologist and acting chief of the center's innovative technology applications division, said the kinds of immersive experiences available in virtual worlds, such as the internationally populated virtual world called Second Life, are designed to appeal to tech-savvy service members and their families.

"Far too many of our warriors come home and, despite difficulties they are having, are not going to come and see a psychologist, a social worker, a psychiatrist," Mr. Reger said.

According to the center's website, many researchers have declared traumatic brain injury and post-traumatic stress to be the "signature wounds" of the wars in Iraq and Afghanistan.

About 19 percent of service members returning from combat screen positive for psychological health prob-

lems, and just more than half seek help, the website says, noting that barriers for those who don't seek help include perceived stigma, physical access barriers and limited resources.

"There's a lot of great work going on at DOD to address stigma, but it is still an issue," Mr. Reger said. "So we desperately need solutions to get resources into the hands of those who will not give us the opportunity to provide them basic care."

Virtual worlds are computer-based simulated environments where users, as representations of themselves called avatars, can interact with each other and build and interact with objects and activities.

"An avatar is basically a computer-generated representation of oneself," Mr. Reger said, adding that users create these computer characters to navigate around the environment and to explore and learn.

The T2 Virtual PTSD Experience, based in Second Life, is an immersive, interactive learning activity that is open to the public and educates visitors about combat-related post-traumatic stress.

The graphics-dense immersive simulation requires a broadband Internet connection, he said. Users must download a copy of the Second Life world and then can access the world from any computer with a broadband connection.

When avatars come into the virtual space, Mr. Reger said, they land at a welcome center that offers information about different deployment-related difficulties and a map of activities available in the T2 virtual experience.

"The cornerstone of the experience is when they leave that area and go into an area that teaches about the causes of post-traumatic stress disorder," Mr. Reger said. "They enter a space where they get into a Humvee and are taken through a computer-generated simulation that includes (intense fighting on an Afghan street and) an explosion.

"As this occurs," he continued, "they receive audio instruction about what we think causes post-traumatic stress disorder, and this sets the stage for the rest of the experience."

Users then take a simulated flight home, during which they watch a video about post-traumatic stress. They land at a shopping mall, where each store offers an activity that illustrates a symptom and how it may affect daily life. For example, Mr. Reger said, in the mall is a mattress store.

"If you go into the store, you have an opportunity to lie down on a mattress and a video pops up over the avatar's head that illustrates a re-experiencing of the traumatic event they experienced earlier during the simulation," he said. "Then information is presented on the nature of trauma-related nightmares and sleep disturbances."

The environment uses a range of activities to simulate symptoms and help visitors determine if they or a loved one need care, and offers information about where to go for more direct assistance.

"Second Life provides the opportunity to interact with anyone who is in that space. Any warrior who goes in there will be able to talk with whoever is in that space," Mr. Reger said.

"We know that many of the difficulties that our warriors have result in increased social isolation and diminished interest in getting outside the home and interacting with other people," he added. "We do wonder about the potential in this space to really get some of these folks connected with each other in a meaningful way that might be helpful."

The National Center for Telehealth and Technology is a component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, which leads a collaborative global network to promote the resilience, recovery and reintegration of warriors and their families.

"We created an environment that lets people learn by doing, rather than reading text and watching videos on two-dimensional websites," said Kevin Holloway, the psychologist who led T2's virtual-world development. "They can learn something new each time they visit."

Tricare officials improve online communication, access to data

by Donna Miles

American Forces Press Service

WASHINGTON — Additions to the Tricare military health plan's website are giving beneficiaries easier access to their personal health data, more convenient appointment scheduling and better communication with their health care providers, the top Tricare official reported.

Tricare Online, the military health system's patient portal, already enables users who get care at a military treatment facility to schedule appointments, track their medications, order prescription refills and view and download their personal health records, Navy Rear Adm. (Dr.) Christine S. Hunter said.

Later this year, patients also will be able to get their laboratory and X-ray results through the portal, along with secure messaging from their health care providers, Dr. Hunter said.

"You will be able to go there and it will say you have two messages from your doctor," she said. "You will click on it, and it may be the nurse telling you that you are overdue for something, and maybe a lab result and an explanation of the findings."

The next goal will be to expand these capabilities so beneficiaries can track what immunizations they received and when, and get a "heads-up" from their health care provider when they're due for their next one, she said.

Meanwhile, Tricare officials plan to increase the number of clinics that offer online appointment scheduling and tailor the process to offer the broadest selection of openings so beneficiaries can select what is most convenient for them.

In addition, health care providers will begin using the portal to get patients to fill out forms and questionnaires at their convenience before they arrive for their appointments.

Tricare Online offers the best of both worlds, Dr.

Hunter said. It helps to build a closer relationship between beneficiaries and their health care providers while taking advantage of technology and health care tools to make that relationship more convenient and accessible 24/7.

Beneficiaries increasingly are taking advantage of the new capability.

Almost 311,500 active users have logged into the system over the past year, officials reported, with an average of 2,800 new user registrations each week.

Since January 2010, beneficiaries have scheduled almost 200,000 medical appointments and requested more than 61,500 prescription refills through the system.

Tricare officials also report increased use of the "blue button" feature that enables beneficiaries to access their personal health data and, if they choose, save it to a file on their computer. Since Sept. 25, 2010, officials reported more than 4,000 downloads in PDF format and more than 1,700 downloads in TXT format.

Dr. Hunter said this feature is particularly helpful because it enables beneficiaries to download their records when they need to seek medical care away from their regular health care facility, and empowers them to better partner with providers about the treatment they receive.



Youth Activities

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!



Courtesy photo

Foreign language

John Haus, Nick Colbert and Colin Strout enjoy the challenge of mastering a foreign language.



Photos by Josilee Ray

Yearbook

Amber Black enjoys working on the yearbook.



Photo by Josilee Ray

Corps inspection

AFJROTC Quarterly corps inspection showing Daniel Hirschel-Weber, Christopher Morton and John Gerber



Photo by Erin Fry

Basketball

Darren Williams, one of the Wiesbaden JV Warriors, heads for the basket during a recent game.



Photo by Takisha Nelson

Scientist of the Week

Sophomore Devan Tisdale turns up the Bunsen burner so his experimental solution will boil faster.

Baumholder "Home of Champions"

Youth Activities



Courtesy photo

Scientist of the Week

"Scientist of the Week" is one exciting way budding kindergarten scientists showcase what they learn at home and school. Weekly, one student volunteers to take home the Scientist of the Week bag, complete with lab coat, goggles and other scientific odds and ends. At the end of the following week, our scientists teach their classmates what they have learned. Aided by parents and teachers, scientists help us better understand this fascinating world in which we live. Mary Obermite's Scientist this Week is Nijyl Medina, joined by his parents Sgt. Max McLeod and his wife Laura.



Courtesy photo

Daddy lunch

CW2 Eddie Hensley enjoys lunch with his daughter Sarah during the recent Daddy Lunch sponsored by Louise Gregory's first grade class at Smith Elementary School.



Courtesy photo



Courtesy photo

Dutch girls

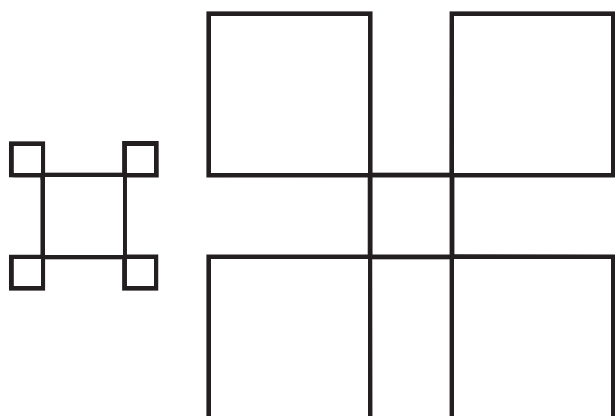
LEFT: Britta Zetterstrom, a first grader in Ms. Louise Gregory's class at Smith Elementary School shows off a traditional Dutch costume before the school's holiday program.

TOP: First Graders from Ms. Louise Gregory's and Ms. Christine Aragon's class at Smith Elementary School prepare for their portion of the holiday program. The students performed Dutch songs in costume. Prior to the pageant they studied Dutch holiday traditions and made Dutch holiday crafts.

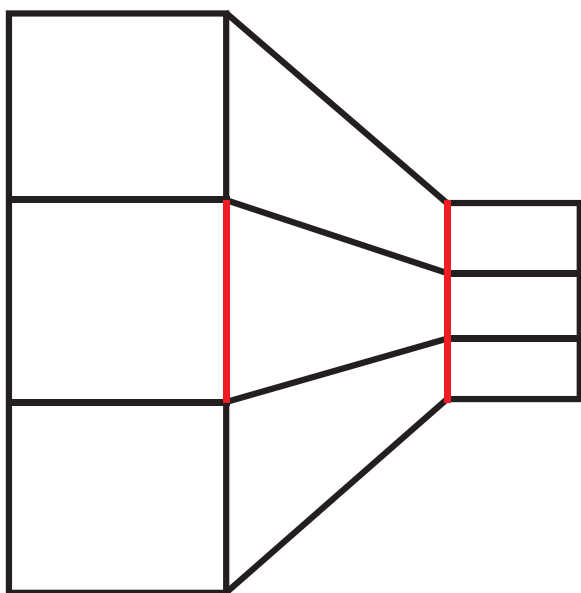


Optical Illusion

Which inner square is the largest?



Which red line is longer?



Answer: Both squares are the same size | Answer 2: The 2 red lines are the same size.

MY FAVORITE PICTURES

Share your favorite pictures with the community. Send your JPEG photo to the Herald Union and it could be published in the "My favorite Pictures" section. Include the name of the photographer, the date of the photo, first and last names of anyone in the photo and the location of where the photo was taken. Write "Favorite Picture" in the e-mail subject line.

Send information to: pictures@herald-union.com



PEEK-A-BOO!

I SEE YOU

Share your new bundle of joy with the community.

Send your baby's first photo to the Herald Union and it could be published in the Baby Photos section. Perfect for scrapbooks, as keepsakes or to send to friends and family.

Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo.

Send information to: pictures@herald-union.com

Crossword Puzzle

1	2	3	4		5	6	7	8		9	10	11	12	
13					14					15				16
17				18						19				
20								21	22					
		23						24						
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28								29			30	31	32	
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54							55	56						
57							58				59			
	60						61				62			

COBBE

SAHOT

NARRATION

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HASTASE

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ANANA

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CHARRED

MAUI

BROADCAST

LAUD

ELSE

MODAINS

SCREW

SAMBA

RASP

SOLID

BANISH

ALLY

LAD

COPE

RAISA

ATEE

LAND

This is the solution to the crossword puzzle from Jan. 20!

DOWN

- Disarray
- Biblical twin
- Stargazing
- Author Capote
- China shop purchase
- Aquatic mammals
- Regret
- Subordinate event
- Belfry spots
- Goldilocks meal
- Got up
- Hazardous gas
- Egg producers
- Ceremony
- NZ native
- Ailing
- Double-reed instrument
- Prudent
- Classic art subject
- Composer's work
- Sheets and pillowcases
- Utopian
- Silly goose
- Beget
- Blackcurrant liqueur
- Bryn Mawr grad
- Liver secretion
- Caped crusader
- Arab ruler
- Type of parrot
- Please, in Pisa
- Never used by poets
- Jason's vessel
- Gershwin brother

ACROSS

- Spam, ham, lamb, ...
- High peaks
- Train for boxing
- Lenin's land
- A case of pins and needles
- Jewish scriptures
- Really soaked
- Destroy by degrees
- Conjecture
- The Sage of Concord
- Horse opera
- Homo ____
- Fourteen-line poems
- Cargo compartment
- Native Nigerian
- Pizza herb
- Merge
- Got smart
- Entered, as data
- Computer screen
- China's ____ Xiaoping
- Taxi drivers
- Get ready to fly
- Alternate identity
- Opera singer Horne
- Seedless raisin
- Boadicea's people
- Tear to pieces
- Frenzies
- Ireland, poetically
- An arm and ____
- Custom
- Tabula ____
- Infamous emperor

JOB



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